HILARY DOWNEY

LeapFog

Spiritual Awakening

Synopsis

LeapFog – Spiritual Awakening -is the story of change brought about by a desire to discover truth through the wisdom of spiritual worlds.

I want to relate to the best that is within me and this is my spirit. I want to learn about my spirit and where it comes from. I want to know why I am on Earth, what I need to do here and where I am going when I leave. LeapFog addresses these objectives through teachings received in simple clear language.

LeapFog is so named because it illustrates the need to build a path through the barrier of etheric fog that lies between the physical world we inhabit and the spiritual worlds that are our destination. This inner path becomes a conduit for communication between two worlds so the voice of wisdom can be heard. We construct this path through our hearts, our minds and our souls. To do this we have to learn how our hearts, minds and souls function and the relationship between each.

LeapFog is my initial path of learning how to receive understandings through inspiration and what is acceptable.

"I shall give my knowledge and truth to the humble man, for love's real name is humility. My truth shall not come through the eye or ear but through the heart. The visions of the eye shall be for the doubters but the humble man shall work hard for his knowledge and live, step-by-step, each piece of understanding he receives into his heart. He shall not rely upon a vision of life. He shall live his life."

LeapFog

Spiritual Awakening

HILARY DOWNEY

HILDOW Book

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Hilary Downey (P.G.Dip.Trad.Ch.Acu.) was born in New Zealand, where she continues to live; working as a self-employed Traditional Chinese Acupuncturist and Tik Dah Bonesetter and writing about what is close to her heart. In her early years she was a schoolteacher and had a family of three children that has expanded to five grandchildren and five great grandchildren.

Dedication

LeapFog is dedicated to the Earth; the place we make our home for a few short years. Let each of us allow a part of the Earth to remain in its natural state of beauty.

May those who acquire riches during their stay, before they depart, use these riches to acquire large areas of land to be gifted to the people of the nation as a reserve of natural habitat. May this happen in every country all over the Earth so the natural balance between land, sea and air can continue to provide us with a healthy life during our stay.

Foreword

I want everyone to receive the happiness, joy and laughter that teachings from spiritual worlds can bring. Their reception brings change but the events of change are unimportant as they are usually the same for everyone. They include change of relationships, change of work and living situations and changes in health. They incorporate loss, gain, pain, love and friendship. Some outcomes are good and some outcomes are not so good, but the changes produce an evolving life.

There does not have to be any demarcation between the spiritual and physical aspects that make up the human being. They blend naturally when the spirit is the commander but often our focus is on only one, alternating between both at any one time. When we focus on our spiritual aspects the influence of material life lessens quite naturally and vice versa.

During times of change material events can sound difficult and full of hardship but I do not find this to be so. Times of loneliness, poverty and poor health fill the mind with creative thoughts. Teachings promote events and events produce teachings. The only certainty I have is that every word received has to be lived through experience, to become part of who I am. Without producing experiences, the spirit of the teachings is not realised.

I am happy to face whatever unknown ventures eventuate. I am happy to take chances, for I appreciate that determination, hard work and effort produce results. I have my own values that do not come from the constructs of the society I am born to. These values follow my leader, the heart; not viewed as the seat of human emotions, but as a heart that dictates the will of the spirit within. Another person cannot

always understand my heart just as I cannot always understand the heart of another.

This journey begins because of my intense desire for truth. My mind defines who I am and I want my mind to recognise truth. I want my thoughts to relate to the best that is within me and this is my spirit. I want to learn about my spirit and where it comes from. I want to know why I am on Earth, what I need to do here and where I am going when I leave.

- The *Seeker,* documents spiritual teachings I receive over a period of four months when I first have the desire, time and opportunity to explore spiritual worlds by looking within. It is a time of transition from a life focused on material goals to a life focused on spiritual values.
- *Spiritual Teachings for the Seeker,* are mystical in nature. They document foundation teachings I need to comprehend so I can understand the relationship between spiritual worlds and the physical world we inhabit.
- *Spiritual Addresses of the Seeker,* are teachings I receive and share with the public.
- *Journey of a Soul,* documents spiritual teachings that relate to the emotions experienced as aspects of physical life change. They provide inspiration, guidance and insights that promote confidence in my ability to adjust.
- *The Initiate,* documents, through spiritual teachings, the impact of changes I initiate.
- *The Continued Journey of a Soul,* documents through spiritual teachings, the effects health issues have upon the emotions and the changes that result.

- *Spiritual Guidance for the Initiate,* documents spiritual teachings that promote the confidence to initiate events and give directions needed to bring to fruition a life that promotes my initial goals; a desire for truth and a desire to learn of the relationship between physical and spiritual worlds.
- *Sifu Master,* documents teachings I receive in the twenty years of my journey under the auspices of my Sifu Master.

These nine chapters embody thirty years. The real narratives are spiritual teachings I request. They lead to the opening of the heart so it can function without dependence upon emotions or thoughts. My personal narrative relates to the effect these teachings have on my mind, emotions and life, but these stories could be anyone's stories.

This journey initiated by my heart begins in my mind that has no desire for mundane thoughts. I want to train my mind to accept only thoughts and pictures that contribute to a purpose in life that is meaningful. I look within and find the different aspects that make up who I am. I connect with spiritual worlds and learn that I am responsible for which worlds I connect to and whom I contact.

On this journey I do everything I want to do, bearing in mind my guiding principle, *Do no harm*. *T*he soul knows what it should and should not do when it allows the spirit to lead, so I hold nothing back. I am liberated. I am responsible, and justice shall be served.

This is a book for those who are interested in learning about the complete human being and his journey through life. This learning includes our ability to hear, see and speak with both our own souls and wise and loving teachers of truth in worlds beyond our physical Earth.

Part One – The Seeker

Introduction

I am a Seeker of Truth. Spiritual teachings from inner worlds change our thought patterns which manifest in the physical world as the daily life we each create and live. LeapFog is a story of change brought about by a desire to discover truth through the wisdom of spiritual worlds. This change encompasses emotions, intellectual abilities and physical attributes, all qualities have to align with the heart, the soul and the spirit.

The first task is to build a path through the barrier of etheric fog that lies between the physical world we inhabit and the spiritual worlds that are our destination. This is an inner path our spirits construct through our hearts, our minds and our souls. To do this we have to learn how our hearts, minds, souls and spirits function and the relationship between each.

This path becomes a conduit for communication between two worlds so the face and voice of wisdom can be seen and heard. This is what mediumship is and it is for all people to discover, should their hearts desire to do so. What differs between people who use mediumship is who they make contact with and what their communication is. Many things are attributed to the spirit but this does not make it so.

Our Earth life belongs to us and all that happens here is our concern. What we believe is not always relevant because our beliefs can change; expanding or narrowing with our experiences. We like to believe what suits us in the moment but always the joy of new discoveries awaits.

I like to keep things simple so I talk about the physical, etheric and spiritual worlds, aware that these broad terms

incorporate many layers of distinction better described by more profound philosophies.

We are born to the Earth from spirit worlds and in our early years, pure of heart, we learn about life from nature. This is why, as children, we are naturally happy and full of laughter. In these early years we understand everything through activity and movement, described as play.

We inhabit two worlds and although both are not visible at all times we communicate and travel between both frequently using our vivid imaginations. We are where we are supposed to be and life unfolds in the way it is supposed to, as long as we are observant and careful about following the dictates of our hearts that speak clearly, often in a way we may prefer not to hear.

Love travels freely throughout all creation, and according to what we develop within our hearts, we can respond to this universal love and choose our direction according to its wisdom. As children we do this naturally.

The seeds of our spiritual awakening, our purpose in life and our future are sown in our childhood; ready to bud when we begin to mature about the age of fourteen. At that age we can choose what thoughts, plans and experiences we take with us into our future. Like love, thoughts travel freely, so this is an important time of decision. What we take with us into our future, from this wonderful, idealistic time, germinates and blossoms in the next cycle of fourteen to twenty-eight years, depending upon the effort expended.

Our purpose of life has its roots in our childhood. In this time how observant we are and what we recognise as being an important part of our journey through life builds a foundation that determines the basis of our future thoughts, emotions and actions.

I was born Hilary, which means cheerful, and this reminds me to be so. My memories begin when I am two years old and my mind is as clear then as it is as an adult. As a child I have independent thought but I also want independent action. To achieve this, first I have to grow up.

Very early in life I am clear that I never want parents, authority, religion or education to mould my mind. I want to seek truth through living life, by taking advantage of every opportunity that life presents to me and by learning from associations that cross my path.

When I am young I roam free on the back of a horse. I revel in the elements, feeling the sun on my arms, the wind in my hair and the rain on my face. I feel the Earth under my feet, swim in the oceans and lie in the long grass watching the clouds. It feels natural to live with nature for it produces laughter and peace.

I see life as a gift to be lived fully and this is my purpose. I only find loneliness, self-doubt, lack of confidence and fear through association with people. Alone, with nature, my imagination gives me visions and conversations that direct my future journey.

When I am six years old I discover horses. My neighbour, who is twenty has, what seems to me, a very large horse. He teaches me to ride by throwing me on its back, handing me a rope halter, telling me to hang on and slapping the horse on the rump. The horse canters up the road and I am in heaven. I am experiencing the first step into my independent future.

I meet Sally at the horse-riding club nearby and do any work she allows. When I am ten years old she gives me her horse and I find work to pay for its upkeep; an old disused barn full of milk bottles that I bring home, clean and take to the local dairies, exchanging them for money. At thirteen years of age, I

buy my first horse and get my first proper job picking tomatoes to pay for its upkeep. I learn that work produces results.

When I am twelve years old Charlie, who is thirty-five, is my best friend. He teaches me how to drive his car which has a box for a seat, no roof and no doors. When we go out we tie Toki the horse to the back of the car, so I learn how to drive slowly. We cannot go anywhere where there are other horses because Toki, a small scruffy brumbie, is a stallion that has never been gelded and his presence excites all the mares. Charlie is not allowed to bring Toki to the riding club so sometimes I have to choose between Charlie and the riding club.

Charlie and Toki are close friends. I remember Charlie taking Toki inside his house and sharing his ice-cream with him, which upsets his wife. He teaches me how to shoot at a target on the garage door. Each time I pull the trigger I pray no-one will come around the side of the house. Learning to shoot Charlie's rifle is memorable for me because every time I pull the trigger, the recoil is so strong I fall over. When Charlie takes me out to shoot birds and rabbits, I fail him miserably because I am unable to kill them.

When I am fourteen Charlie comes to the paddock where I am riding. I remember his face looking up at me as he tells me he has run over a nun that morning. She was a Carmelite nun in an enclosed order. The Carmelite nuns wear cream habits and as she was crossing the road to go to church about six am Charlie ran her over. He was driving up the hill with the sun in his eyes and would have been blind to her presence.

Charlie tells me what has happened and I see the anguish in his eyes. I am filled with sadness because I know I am too young to help. I have no experience of life. I do not have the words. I have to wait for truth to find me. This day sees the

budding seed that is to grow into my lifelong goal. I am becoming a Seeker of Truth.

Not religious in any way, Charlie becomes close friends with the nuns at the convent. He does all their odd jobs and helps them in whatever way he can. I do not tell anyone this story even though our class goes to the cathedral for a High Requiem Mass. The nuns' singing gives me goose bumps and I know that no-one in heaven or on Earth is upset with Charlie. I feel a universal understanding of the heart and this gives me recognition of what in the future I call the Love Vibration from spiritual worlds. I see this as the greatest possible gift so I never have the need to ask for anything. They freely give me their knowledge, guidance and love, for which I am eternally grateful.

My family home has a lounge that creates happiness. It is open to the sun all day. When I go into this room I never want to leave. A busy family laughs, plays and argues, but no one argues in the lounge. Whenever I go out, I come home to the lounge. Here I find the same happiness and peace I found as a child when I was revelling in nature.

One evening I go to my first spiritual meditation group. I am very excited to find it a place for visions and words to manifest. Afterwards I hurry home to the lounge and start to write. My first words from an unseen world are *The Beloved*.

The Beloved

I am ever with you.

I am in the water rushing down the hillside.

I am in the leaves of the trees as they flutter in the gentle breezes.

I linger in the clouds even as storm-tossed they race through the sky.

I am whispering in the wind.

I will never leave you, my beloved.

I am ever with you, my beloved.

As you walk along the roads and as you toil in the fields, I am there.

As you work alone, I am there.

Never again will you be alone.

Never again will you seek Earthly love,

For having been touched by my love you will want no other.

My love is consuming.

My love is creative.

My love is silent.

In the voice of the silence you will find my love, for you are my beloved

Death is my teacher. When Death visits he heralds a time of change and I must adapt.

I first experience death when I am nine. Cameron, my classmate, dies of a brain tumour. Not long after, my neighbour's nine-year-old boy is run over by a bus outside my house and Michael dies from a shooting accident. These three incidents herald a series of deaths through the years. Lynn dies in a car crash, Pat dies in a freak accident, Paddy drowns, Pat drowns, Noelene dies of a brain tumour, Sue dies of cancer, Colleen dies of cancer, Mary dies of cancer, Paddy dies of cancer, Carole dies of cancer, Toni dies of cancer, Jack dies of cancer, Carolyn dies of cancer, Harry, John and Wayne commit suicide, Sam dies from an accident and Elaine dies in her sleep. These are the young ones I remember.

A small part of each of them remains with me, and so they are alive. How can I not believe in a continuing life? Death teaches me this is so.

Tell Our Story

Tell the story of your own life and you tell our story.
When we come to the Earth to live, we cannot share our story for we cannot remember.
It can only be told by you who are living there.

We all come to Earth and we all go.
We return to Earth and we leave.
Again and again, we succumb to the magnetic pull of material life.
We suffer. We cause others to suffer.
And we do it again and again.

Why can we not see this when we are upon Earth?
We see so clearly here that this understanding is everyone's understanding.
Tell our story so we can remember when we come to Earth for this is everyone's story.

There are better places for us to be.
There is a better life for us to enjoy.
There is better work for us to be passionate about.
Tell the people of Earth so they may remember this.
Tell them to reach beyond this one life.
There is a distant star on the horizon.
Look to this star as a symbol of the future.
Reach beyond it and you can reach us.
We are in a place it saddens us to leave.
But leave we will, for Via Dolorosa, the Earth, calls us and we must go.
Tell our story so we may meet here rather than upon Earth.
Here we share our joys.
On Earth we share our sorrows.

I have an association with death, so more than anything I want to learn about the meaning of life, its purpose and its best direction. At the same time I want to maintain control of this great gift, my life. I want to maintain control of my mind and I want to be taught truth; direct, clear and simple. I want simplicity that makes sense and can be applied to my daily life.

Religion in my early years gives me an understanding that the ways of God run through all religions, all beliefs and all cultures. It gives me a sense of the existence of a spiritual life, a continuing life. With my introduction to spiritual worlds through a meditation group I become a reader of spiritual books; seeking the vein of truth that runs through everything. This is the Sufi approach.

I call God, *the Divine* or *the Creator,* viewing any nomenclature as impossible to comprehend. I see the *Great Spirit* manifesting from the Will of the Creator that produces a vast and perfect creation. The Great Spirit is so close to the Divine it also is beyond comprehension and deserving of worship and reverence.

The *Great Spirit* is a universal term, having no connotations with particular religious beliefs so I find it appropriate to use. In some early writings I use the terms *God* and *Father* because of the vibration accompanying the words but I do not use any of these terms in a religious sense.

The tiny spark of the Great Spirit within each of us is the highest, most ennobled part of the human being, giving life to the body that houses it. When the spirit leaves the body, we die.

Way of Life

An invocation to the Great Spirit is a wonderful thing. It sets up a pattern of trust because when you do not know or understand the essence of the *presence* you are

communicating with; to continually invoke the *presence* is an act of faith and trust.

There are many things we can put our faith and trust in and so often we can be misguided, but to put faith and trust in the Great Divine and the Great Spirit is to accept a *Divine Plan of Existence*. It is to accept total responsibility for yourself and your spiritual development.

To desire change because life's way is difficult is understandable. To question the hardships of life is understandable, but to give in to the hardships is a weakness, also understandable and very sad, but still a weakness.

The lessons of life must be learnt. There is no way out. Trust in the Great Spirit enables us to work our way through hard times knowing there is a reason for everything. Think of all those unfortunate people who never find a reason for difficulties and hardships in life. Hence the need to spread what knowledge we have that can give hope, faith and trust to those who need it.

To live in fear of the unknown and to live in a spiritual abyss is a sad and lonely way to live life. If each of us can comfort some soul and show him the direction of the light this is a glorious thing.

Every night when the family is settled I go to the lounge to write. I have to write very quickly because the words came rapidly. It is as though I am sitting in a room recording a conversation with another person. In my mind I continually ask questions and I am given simple teachings that relate to my day's activities.

My life is teaching me for I am learning to become observant. Someone from the worlds of spirit explains how, when I am observant, I can learn from normal daily routines.

These are busy years and I view spiritual teachings as a means of training my mind to interpret knowledge and events in the physical world. Although I accept communication from an unseen world I must live fully in the physical world I am born to.

Even as I seek to blend these two worlds I perceive that I have two minds that also have to blend. There is the mind that gives me words I am not thinking about and there is the mind that uses my vocabulary and education to record these words. Through all I am still me and intend to remain so.

Guidance – Follow the Light

Routine is a good prerequisite for good study skills. To learn how to do things in moderation shows self-discipline. You are right to think you sometimes do things in extreme. This is the out-going enthusiasm of Aries and the receptivity of Piscean qualities, tempered by the Libran quality of seeking balance. These three qualities are fire, water and air. You can see straight away the missing quality of Earth.

Earth is your centre point. Earth is your Achilles heel, therefore the qualities of Earth are to be learnt, tempered enthusiasm and a slow steady build up that will not burn out. Your enthusiasm is what has started you off, but the fire has burnt to a glow. Now refuel the fire gently and keep it steady so the warmth coming from it is comfortable. This way the quality of your work will improve and you will also build up strength without burning out.

Do, without feeling. Do not try to feel all the time. In this way your strength of purpose and your commitment are built up. This means that when times get tough and demanding good habits step in and take over. During such times your feelings get hurt and ruffled and they let you down.

Control your feelings. Practise self-discipline, good study habits and clear thinking. A steady amount of work will not then overtax you. You will slowly build confidence and spiritual links that will be unshakeable in the future.

What does it matter if others do not see or appreciate you? To rely on such things is to build on sand. You need to build on solid ground so you become strong and sure, for the future ahead will be assured, depending upon your ability now to build these things, that according to your nature, are difficult.

Always look to the light. This is the direction in which you are heading.

This world can sometimes be difficult to live in because making ends meet is wearying; seemingly never-ending. Intuition is the voice of the spirit within and the teachings encourage its development as it can facilitate every occasion in life.

Recognising its value, I work towards developing intuition because I am responsible for myself, my actions and my thoughts. An enhanced intuition can help me make my way in the world while managing family life, work and finances.

Confidence in Yourself

We come to you with love and help. This is not as difficult a road as you think. Why be despondent when you yourself have made your own karma? *You* must pay for it. When you buy something, *you* must pay for it.

Intuition in you is very strong. Do not fight it so much. Accept with love and faith. When you tune in, help is available. You are fortunate in so many ways, for there are many people who do not know where or to whom they may turn for guidance. You instinctively turn to the Great Spirit. It is only your microscopic view of life that hinders your understanding.

How many times have you thought, “What were those worries that were so strong all those years ago? I know I was unhappy then but why was I unhappy?”

Looking back problems are never as strong as when you are living through them.

Look out the window where you can see life and love in nature, arrayed in all her beauty. You can see the wind blowing, the plants growing and the birds flying. In a time to come you will be able to understand all that nature says, for all life communicates through love and understanding. The sun shines every day. It is only that your view of the sun is blocked some days by clouds rolling by.

Widen your view of life. *Widen your horizons*. *Aim for the stars*.

Reach out for them and you will succeed.

Service is the key.

At the moment your service is through serving the needs of your family. You are learning how to pull all through as a unit.

Disciplines

Without them you crumble. Harmony comes through discipline. This lesson must be learnt before you can expect to do the demanding work of the Great Spirit. Once a commitment is made it must be carried through. Before a commitment can be made old debts must be paid. Who else can pay them? Your decision to incur debts automatically sets the Law of Karma in motion. Remember the words of the teacher who spoke to you, *Not an ounce more or less, the just dues must be paid*.

Your time will come. Your will to serve is strong but your will must be tested for patience and endurance. It must be tempered like steel to withstand ridicule and opposition. To stand up and be counted is not an easy task, so the ground work and preparation is important. To do well at what you do not want to do is a task you must set yourself. Mediocrity is common but it is not acceptable in this work.

You need to do the best you can in all circumstances otherwise you sell yourself or someone else short. Discipline is for all. It just takes many forms. Once the glow of a new interest wanes endurance and discipline take over. To continue until you finish a project is worthy of a noble nature. The building of character takes many forms.

When the spirit incarnates it takes on the shackles of Earth life. There are many planets and thought forms travelling through the ethers to affect all life forms upon the Earth. You have to build a strong inner growth and spiritual life to withstand the temptations of your lower nature. The denser materials around you affect you through the dense body you are harnessed in. To build a strong inner life based on soul and spirit is to step outside the influences of the denser materials that test you.

By being harnessed within dense material spirit cannot always run free and wild. It is confined through lack of knowledge. Through knowledge it can accept certain things and then learn how to rise above baser emotions.

Look to the blue light of inspiration to raise your inner life so the negative material life does not influence you. Through meditation you can discover your spirit within. Then you will grow and soar in the Great Spirit's love, happy to accept any difficulty, knowing it to be temporary. Always look to the light.

I want to meet someone who can teach me about inner worlds. I do not find anyone with the wisdom that truth

generates so I turn within more and begin to recognise what I do not want.

Turning within is a lonely path because I do not have anyone who can answer my questions.

Many years later my wise Sifu Master calls me *Mrs Why* because I have so many questions. He is able to answer anything I ask on any subject because he is not dependent upon book learning. He explains that real learning comes from within then is applied to daily experiences. I remember the things he taught me, all of which hold me in good stead in the following years, especially with future academic studies.

Despondency

The shaft of life reaches all but the healing green is so beneficial. It calms and soothes. It teaches patience and perseverance. To lose all desire for self is godlike. It is not apathy. It is the ability to do and serve without thought of self. The ultimate in lack of desire is the handing of self over to a greater purpose saying,

Here I am. Do with me what you will.

Pride is the greatest sin of all and spiritual pride is as much a sin as ego pride. It is difficult to learn humility but it is a lesson you need to learn and we send you all our love, help and blessings.

Aridity is a temporary state. It is a true testing state. No man is exempt for everyone's spirit is confined by the earthly body and so is affected by the feelings associated with the earth. Because life is a state of flux and motion, dry periods do not last forever.

Growth comes from a seed and seeds are stored in the dry. You cannot always visualise what is going on behind the scenes.

One day at a time is an excellent maxim.

Faith and hope are virtues as much as charity.

Lift your heart and sing with praise. Devotion, thanks and joy in being shown the path of light gives each new day a glow. Give thanks for each moment of life. Give joy to all around you. Live in gentleness. As family life can build and grow in love, so also can the family of friends and acquaintances.

When I am fourteen I have a very gentle, blond-haired boyfriend who cares a great deal about me. He always wants to please me and make me happy. He dedicates songs to me and our time is filled with laughter and companionship. I then meet a handsome dark-haired boy who is sultry and broody. He wants me to give up my riding time and spend my days lounging around with him.

I am confronted with choice. I know that if I remain with the blond boy he may want to marry me and take care of me. If I stay with the dark boy we will be friends for a short time. I choose the dark boy because of his exciting ways and because I want to learn about life through experiences even though this path may be more difficult.

I am then told I will not meet this type of gentleness again for over twenty years, and this turns out to be so. My choice locks me into challenging times for many years. The blond boy marries his next girlfriend and together they raise a family and are very happy.

Gentleness in Character

Gentleness is a virtue too many people treat with disdain. Sometimes a man who is gentle is accused of being weak and ineffectual. To cultivate gentleness of character is to cultivate a higher degree of spirituality. Gentleness is moderation and harmony with life. It is acceptance and understanding of another. True understanding of another is recognition of the

spiritual light within that is apparent to the spiritually inclined person.

Love and kindness are part of development. They are part of the spiritual force within which is emitted as a radiance that glows and shimmers like dew in the morning and raindrops in sunlight. It is beauty and colour. Like a rainbow in the sky it reflects an inner knowledge and an understanding of life.

Awareness, both inner and outer, observes little things. It misses nothing but does not judge. Gentleness reaches across space to touch another. It is part of a strong force that bridges chasms of time and space, worlds and stars.

Gentleness is reflected in art and music, in homes and all areas touched by gentle people. It is a soft force, although still a force because it has a strength about it, an inner calm, certainty and serenity. Those who are aggressive, loud and overbearing can be touched by the gentleness of another, so much so that they may try to develop the same characteristics within themselves.

Each person has difficulty in developing certain qualities but this evens out. A loud aggressive person has a harder time developing the gentle, soft, calm side of his personality than the person who is shy, timid and naturally quiet. This shy, quiet person has a difficult time developing assertiveness, pride of life and acceptance of good qualities latent within himself.

Someone who says, *I can't. I have never been able to. I've always found it too hard* is passing up opportunities to develop the side of character that needs developing. It is always easier to develop the side of character that is naturally positive. It is harder to draw out dormant qualities.

Life can be a search for balance and harmony. Each person has to build up one side of the character and tone down another side to reach this state. There are some who seem to achieve harmonious balance without trying, but they be only

achieving mediocrity by not extending themselves to reach greater heights. They are satisfied and so they rest.

The Earth is a place where each soul has the opportunity to advance and progress. How sad to pass up this opportunity. The inner drive of the spirit compels you to reach forward and gain new dimensions. This is so in all worlds of spirit for all are making the same journey.

All are striving to perfect *self*. Because of this the worlds of spirit and matter can work together. You and I can work together, each providing the other with the vehicle of service. This is how we learn from each other. You may look at someone and say, *He is so confident. I would like to be like him*. That person may look at you and say, *How quiet and gentle you are. I would like to be like you*.

You do not see the struggle and the striving another person has to make to develop characteristics in his nature. People can help each other by getting together and talking about their trials, tribulations and successes in life, with no false modesty, just straight truth with simplicity. Such communication can open many doors to understanding.

We are all on the same journey, just at different stages. This is why it is a privilege and a blessing to help another who stumbles. We all know that feeling of gratitude for help and guidance that comes when we stumble. It removes the feeling of isolation and loneliness. What greater beauty than to see people pull together in love and gentleness.

I have been receiving words. Now I receive visions relating to what I hear. I unexpectedly lose much of my vision in both eyes. There is a possibility I may lose my sight completely so I look within and see the cells of the retina. I discover the very large central sun that is like a TV screen for visions and images from inner worlds. This excites me because it makes visions so

clear in Technicolor, even though I am not seeking to become a clairvoyant who gives messages to people.

I ask, How are thoughts received?

How are teachings and clairvoyance from inner worlds received?

The Mind's Eye

Surrounding all is the aura which mirrors everything that comes through your senses. The aura moves and shimmers according to your reactions to stimulus around you. What moves you is recorded for all time. As you change and grow so does your aura. Its light shines brightly for all who wish to see. It glows and spreads out, the vibrations looking like a star.

When you first see this light around someone or something it appears blurred around the edges of the person then seems to spread out and become clearer.

Within yourself you have a central point of light (solar plexus) that looks like a shimmering sun. This is the point from which the aura radiates outwards. This light becomes a doorway mirroring life on the other side. This light is the area where the images of two worlds merge so that those living on both sides of life can see all images mirrored. Both worlds can know what the other sees and understands. Colours also come from this central point and radiate outwards until they fill the visible world.

The point of light within your mind is very real when you look within. Situated between the eyes it mirrors the central point of light from the solar plexus. Here you capture the reality of spirit life on the other side. Here you see things as they really are. Here you see spirit people and places. Here your minds meet and communicate with mental images that are calming and acceptable as a reality.

When your physical conscious mind tries to hold these mental images, once it grasps they are there, you lose them. Discipline prevents the conscious mind stepping in to analyse the images. These image forms are stamped indelibly in your subconscious mind and when they are very strong and when necessary, you remember and recall them either as images, voices or intuitive knowing.

These mental images are different from *thought forms* which work on a different wave length. Thought forms are received by your physical, conscious mind which relays them to your subconscious. Your subconscious mind relays these thought forms to the point of light where they become colour pictures in your conscious mind. Initially, when thought forms are first received, they do not come as pictures. They are given more form, as pictures for clearer interpretation, after being relayed.

At this stage do not try to differentiate between the two different mind pictures for this learning takes time, trust and patience.

Many people say, *I want to help people*.

When I hear this I think I am having enough trouble helping myself. I am stumbling with decisions. How can I help anyone else? With reflection I decide it is better to encourage people to find their inner strength so they have the confidence to help themselves.

I am learning about vibration on Earth and in unseen worlds. Although I am serious about everything I do, I prefer joy and laughter as a path of spiritual learning.

I became friends with Jill. When we sit in the meditation group, even though we do not know what we are doing we try to send our energy to Nola to make her go to sleep. It seems to

work and Nola cannot understand why meditation makes her so tired or why we are laughing so much.

Service

Reality is what you make of it. There are many kinds of reality and you are drawn to what you choose. All is *not* light. You have to *choose* the light for it to become your chosen path. Once you are clear about your chosen path you will portray a confidence and spiritual certainty that will be unacceptable to some around you.

There are always going to be those who enjoy teasing a strong and spiritually certain person away from his chosen path of light. *You will meet people who will seek to draw you down to their vibration*. When you stride strongly and with spiritual certainty, to others you are not to be tolerated as you do not conform. To them you are to be put in your place.

When you give service and are strong you can promote negative feelings of anger and jealousy in others who are also strong on their level. Such people desire in their hearts to have dominion over you. They seek to absorb all around you into their influence. Anything or anyone who causes you to stray from your path of light is not for your good. Service for others, without thought of self, always has positive building qualities that will cause your soul to grow. When you spread light your soul's growth is onward and upward. You do not have time to stop and dither with those who gleefully seek to hold you back. When service is not positive and constructive it is not service. It is useless and time-wasting. When growth does not result from service it is not service.

The way of spirit is simple. It is movement. It is growth. It is truth. It is love. It is sharing. It helps others to grow in light. It does not seek for you to step down a level to pull another soul in your direction. Such a soul may be moving in a different

direction and the only result would be to distract you from your work.

Remember the basics. Ask yourself why you do what you do. Your heart will answer you. Head for the light. Only pause on the way to offer a helping hand. Never stop to decide what another should do.

I am not a person brimming with self-confidence. At teachers' training college I have to talk in front of my peers and with my head down I mumble what I have to say as fast as possible. I know then I do not want to do any form of public speaking.

The lady running the meditation group tells me that I am to address a hall full of people for five minutes even though I have never spoken out or asked a question in the group. This is the first of many lessons in the development of my self-confidence.

I do not prepare anything because I want to find out whether inspiration is there when I need it but I ask for the first sentence in advance to help me open my mouth.

The evening comes and I have the worst headache possible. I find out that when your knees shake the kneecaps really move up and down a long way. I meet Alan who is addressing the hall that night. *Have you done this before?* No. *Do you know what to do?* No. *Say a prayer to the Great Spirit and close your eyes*.

Close my eyes sounds good to me. I stand up, close my eyes and open my mouth with my first sentence. My headache disappears. My knees stop shaking. Words pour out of my mouth for five minutes and then stop. I sit down. My headache comes back and my legs wobble but I am exhilarated. My worst fear is faced. Everyone will be praising me and telling me how wonderful I am.

After the meeting we spend three hours looking for my friend's car that has been stolen. We eventually find it but it is too late for tea, biscuits and praise. Everyone forgets about my wonderful achievement and I have an immediate lesson on ego and humility. It must be an important lesson because it comes with my first public address.

Ego and Confidence

Although the light shines for all to see you do not always see it clearly. This does not mean it is not shining. It means that details, worries and feelings of inadequacy have temporarily blocked the light from you. At times all people are unsure and feel unworthy, but not all people are willing to continue through these feelings. In the beginning to serve in trust and faith, without preparation and training, takes courage, for you face possible humiliation.

Do not concern yourself about these things. Spirit seeks to help and guide you into self-confidence. You will never work alone. What others think is unimportant, except to your ego. Ego takes many years to build up and cannot be dismantled in one day, not until you have something to replace it with.

Ego can fool you for it tells you what you want to hear. Ego causes you to ask questions in such a manner that they determine you receive the answers you want because of peoples' kindness. Ego judges others. Ego makes excuses for failings because it blinds the soul to its failings. Ego is a safety-valve.

At some stage in your life you have to be prepared to see what lies beneath the layers of consciousness. You have to peel back these layers and bravely face what lies hidden but the time for this must be right, otherwise great harm can result.

Deep within you have intuition which is your true guide to right and wrong behaviour? Through your intuition you receive our guidance and hear our urgings.

Once a word is spoken or an action taken it is too late to take back the results. Worries and fears are groundless after the word or deed. Make words and actions the starting point for future behaviour. Do not judge yourself harshly as it is a failing as much as is the covering-up quality of ego.

Do not analyse so much. Accept. Once you choose your path move forward with a spring in your step, love in your heart and acceptance in your mind for what will come. Too many words can destroy. Accept, share and grow through your experiences. Be confident for you are never alone.

I find meditation boring. I tend not to see anything, although occasionally I am aware of a presence. When we are guided down a path to find something or meet someone, I wonder that my vivid imagination is working overtime. In my search for truth I become very careful about imagination. I cannot help thinking that much of what is seen in meditation is an extension of Earth life with us playing an important role.

I am learning to discern. I have the choice of accepting or disregarding what is made available to me.

Guidance 2

You ask for guidance about your life.

Sometimes you have to work things out for yourself. It is quite understandable that you ask, but often we cannot do what you want.

The pathway you have chosen is not an easy pathway but it would become so should you be continually told what to do when you so desired. Things of value must be striven for, for only then will the worth account for the effort.

A child seeks guidance which a parent gives but the time comes when a parent stops. He allows his child to choose his own path. How elated the parent is when the child chooses the pathway designated by right teaching. How sorrowful when the pathway chosen is not appropriate to the style of life a caring parent sees as beneficial for his child.

The Great Spirit wishes all of us to come into the perfection of the light because we choose to do so. The Earth is a world of trust and faith, even as is the spirit world. Your vision, however, is very limited.

You are also restricted by words that do not always adequately portray the desired meaning in communication. It is more reliable to develop your own deep intuition and so draw out knowledge locked within yourself. Here you will find the truth you seek. Develop your intuition until it is the strongest part of your being, then one day you will realise that communication between us is not only possible but is more frequent.

Trust in yourself and your capabilities. Trust in our desire to be of service. Trust, most of all, in our love. It is because we are in service that you and I are here like this. Without the Great Spirit we are nothing. We, each of us, are instruments to aid in the growth of all.

May each of us spread truth and light to all who come within our circle of acquaintanceship. May each person who walks the Earth be guided to truth and light.

I am learning about inner worlds because I want to know about the continuance of life beyond our physical world. I want to know the relationship human beings have with other worlds. I want to comprehend the relationship between the Creator and the created.

For quite some time when I pick up my pen to write I feel varying vibrations and emotions accompanying the words I receive. With some the writings lack coherence and I am emotional with a sense of disorientation. Too many people are speaking to my mind. I want to choose whom to speak to and what to receive. I want to remain in control of me. I am only seeking spiritual teachers who teach.

Some books talk about a guardian who is a protector. I like the concept and decide I want a guardian. I request one, not seeing this arrangement as permanent for I am aware of the Law of Change and Movement, welcoming what it brings. Some people are afraid of change. They do not realise that what change brings is the result of the thoughts they have already thought. This makes aspects of change familiar and able to be absorbed naturally into life. Self-confidence appreciates change.

A Plea

You ask for a guardian to protect you from too many, and unacceptable spirit vibrations.

You ask for information about your guardian.

You have begun your spiritual pathway with only trust and faith. You have had many doubts but this is because of the unknown. As you have learnt these doubts have been dispelled and you have accepted. This is faith.

I am of the Bright Eyes.

I have lived as an Arab with an Ethiopian connection and I serve.

May the Great Spirit bless you.

Your loving guardian.

When I receive this writing I spell the teacher‘s name Zerxes. Years later, with the advent of the PC, I look up Zerxes

and find it is a Persian name. Kings of Persia are called Xerxes in the time of Zoroaster. I have the pronunciation correct and the spelling wrong so I change the spelling for the sake of accuracy.

I feel peaceful. I call inner worlds, spiritual worlds. I say I receive spirit communication. Now I want to know *what spirit*? I do not want contact with spirit who is going to tell me how wonderful or how difficult my life is going to be. I want contact with intelligent spirit who can give me the philosophy of life. Later I used the phrase *evolved spirit*. This is the spirit I want contact with.

I have only been learning a few months and already I am making demands, but I am so very wary of imagination and the need for a very real working intuition. I am determined to receive and learn from the best possible source.

A Time to Rest

You ask for only one teacher to bring the writings.

Peace to you. *My peace I leave with you*.

When we hold these words in our hearts it helps in times of indecision and emotional despair.

Do not worry so. We are here to help you. We wish only to give you love. We never wish to upset you.

I will take great care that you are never again bombarded by people coming to you without you being prepared. You have many guides and helpers and we all work together to aid you in your development. You come under the tuition of Xerxes, your teacher and helper.

Your loving Guardian.

The Window of Truth is opening. Once you see beyond the veil you have no need for names as they are meaningless. You

do not communicate in spirit with names and words. You communicate on a different vibratory level.

You will feel differently now you have a special teacher with you. In mutual loving service, trust builds up. You will learn to feel different teachers without being upset for you have many to come. Through my familiar vibration you can accept them.

Never fear that we will allow any harm to overtake you. Your protection is strong enough to make it impossible for the uninvited to know where you are. You need much energy and much protection for your work.

Xerxes (*A Persian from the time of Zoroaster.)*

The guardian, rather than being a person, could be an understanding greater than one person. Who is above and beyond him? I want to know about the Lord of all who are associated with me. What I receive with this writing is the most joyful and awe-inspiring inner experience I ever have.

Sitting up in bed I experience the most luminous colours I have ever seen. I am absorbed by them and they seem to carry me through universes at speeds I cannot comprehend. It is as though infinity is stretching before me, behind me and around me. I am a tiny part of a vastness that is the domain of an ineffable being; indescribable and beyond everything that makes up the human spirit. I perceive him as He because of the masculine nature of positive outgoing action and energy. I name him *He Who Has Eyes Like Diamonds*.

Twice over the years I receive a tiny aspect of this vibration, but nothing like this again. This is a vibration that spurs me on. I am unconcerned where this path takes me. I am going to travel it without wasting a minute of this life. I want to gain strength so my sense of purpose and courage allow me to make decisions I need to make about the direction of life.

Brotherhood of Souls

You ask to be shown my place and your place in the universe.

The distances you feel are great in your eyes, yet to me the journey is as a thought. Can you see the silver-blue ray? Can you see the red, green and blue?

Hear my voice. A call from afar.

Do you feel me encompass you? Do you feel me fill your world? I am on your horizon of thought. I come to you in song. I echo the pulse of the firmament. When this pulse is taken up, life vibrates. I fill the void with my presence. I fill your heart and every cell of your being. I suffuse you, yet you question my voice?

I am a presence. I am.

You can feel me. You are aware of me. You vibrate to my tune. You join in my song of life. Until now you have not been alive. You have existed. Many of your senses have been dormant. Now they are awakening. How you long to reach the essence of yourself but the layers are so numerous. Your spirit is buried beneath them. Uncover the beauty of your strong and pure spirit and your soul will encompass you.

Life is beautiful. It communicates with itself. Taste the vastness of the infinite. Sense concepts you cannot understand. Sense poetry you cannot comprehend. Sense the song you cannot sing. Learn. Turn within. See reality. The comet of my love soars across the heavens. The Earth can share in this love and bathe in its life. Feel the strength of love and absorb it into yourself. See its colour (a turquoise shade).

The storm has passed. Calm awaits. The soul is uplifted and drawn like a magnet to awareness of its spirit, in constant praise. Such communication causes emanations from its

centre to radiate outwards. Imagine many souls emanating such prayer. You would never return to the Earth should you ever share in such a thing. Your being would fade away with the longing to be part of such joy. We will meet. We will talk. We will plan.

This was brought to you by your Overlord, *He Who Has Eyes like Diamonds*.

The meditation group I am sitting in is changing. The lady running it becomes interested in psychic, physical phenomena, which I know nothing about. She asks me to take the group while she sits in meditation seeking deep trance.

In physical groups the energy of the sitters is used by a spirit to enter the etheric field of the person in deep trance. The spirit uses the sitters' etheric substance to overlay the person in deep trance, creating a recognisable form and speaking in the voice of a spirit recognised by a sitter. The spirit can also use this energy to make a trumpet fly around the room.

I do not want to take the group but I do so. The trumpet never flies. Deep trance is never achieved. I know I have no interest in physical phenomena for I can find no use for it in this age we are living in. I come to realise that I never seek proof. I have an acceptance of some things and a disregard for others. I am continuing to learn discernment, a learning that I am sure varies from person to person.

The Group

You ask whether an elevated spiritual presence can visit a group.

It *is* possible for the awesome reality of an elevated spiritual presence to visit a group but not through physical phenomena. Before this can happen you have to call, in

humility, on those with more knowledge than I to teach. An elevated spiritual presence causes any feelings of power or knowledge within you to crumble.

A teacher is also a pupil and the lesson of humility comes to teachers and pupils alike. For a circle to receive an elevated spiritual presence those involved both upon the Earth and in spirit are trained in long periods of deep and prayerful meditation. All need the strength to sustain and hold within the power and light of such a presence.

An elevated spiritual presence descends like a silver white column or chord of light that fills your soul. You need to be trained to be free of all thoughts or feelings of self. You need to be as nothing, no desires, no will, no mind and no thoughts. You need to be able to stand outside yourself and watch. You need to be able to draw towards you the accompanying love, knowledge and light, all of which are for use in service.

When in the presence of such a one you receive what is necessary for your development to enable you to serve and so share with others what is given to you. *Nothing can be held back for its power would destroy you*.

Each soul who participates can become a teacher, for each soul becomes so sensitised as to receive numerous teachings and understandings from the experiences of all who have life. The mission is then to spread all you know to those who would hear, to nurture any spiritual growth you sense in another and to work ceaselessly for the Great Spirit.

There is so little time and so much work to do. No more may potential mediums sit in the luxury of group after group without service. Should they seek to do this after feeling an elevated spiritual presence they would lose all they had received. Use what is given freely to you by those in the service of the Great Spirit as it is meant to be used. Xerxes.

Reading books only gives me more questions and I find I am influenced by the use of certain words. I wonder whether the easy availability of books means a foundation of understanding is not laid first and important steps in learning are missed so I ask for clarification.

I want to learn something specific. I am presented with the opportunity, so I begin to be careful about what I am thinking. Even though I am living in an age of *positive affirmations* I do not think I am wise enough to know what I need. I decide not to ask for anything and I am told that the greater beyond always shows the willing heart the way.

Even so, I have been reading about Yoga and want to find out more. At this time I am working part-time, so I run a vegetable co-op to get free vegetables. At the wholesale markets in the city I meet Hari, a seventy-two-year-old Indian man who buys cheap vegetables for old age pensioners living in the poorer areas of the inner city.

Hari is a Yoga teacher and takes little groups in the poor areas of the city. He has no car and before long I am driving him all over the city to very strange places and learning a lot of yoga.

Harmony in Your Affairs

You ask about the importance of breathing.

Breathing is life. How you breathe is how you live. When you breathe correctly you live correctly. The spiritual path is a path of awakening and learning, and discipline is essential. Discipline and control ensure success, i.e. success in always moving onward and upward.

Correct, natural, deep breathing draws on the powerful forces of the universe and ethers, which has the effect of raising your vibrations and giving you the upsurge of energy you need. Channelled breathing allows for channelled energy. It is

detrimental and undisciplined to tap unrequired energy, for where will it go? Channelled energy must be used for a specific purpose otherwise it tends to be destructive to whoever calls it up.

Breathing naturally and correctly gives you equilibrium in your life. The positively directed breath creates harmonious vibrations within you and a calmness of spirit. Uncontrolled emotion and excitement always mean that you are breathing incorrectly. These emotions take over your senses causing all sorts of problems. Allowing this to happen is lack of control.

The power of the universe may be tapped but it should be in a controlled situation. Remember this and always temper your emotions. Do not allow yourself to become over-excited.

Remember also that as you are on the Earth there are things that have to be accomplished. Keep spiritual matters in perspective. Ask for guidance and light that will keep you calm and lead you to peace and serenity.

Xerxes

Every mind is a miniature universe with its own constructions and I hear myriad beliefs about spiritual matters. I do not want to read any more because I am afraid I will recycle what I read. I decide to remain trusting of what I receive and maintain common sense, testing the veracity of everything where I can.

I am a created being, one of many living a physical life on a physical world. I believe in natural law and physics. I believe I am in charge of my destiny and my mind, choosing what to think and the actions I create from my thinking. The spirit teachers never tell me what to think or what to do but they respond to my desire for knowledge or advice.

Extraordinary things take place on this planet and there seem to be no explanations for them. This tells me we do not

understand everything, but there is a time when we can. I choose that time now.

Understanding

You ask about the hierarchy of guides and helpers as you are sensitive to changing vibrations.

Understanding comes with time and development. Your *Overlord* is in charge. He is an integral part of your being. You are totally in his protective hands. He oversees all, assigning to you your *Guardian* who is with you for life.

Your Overlord is. He is nameless as is time. His distances are far but he knows every breath you are taking and every thought you are thinking. At certain periods he comes close to you but he knows you are in the capable hands of your *Guardian*. We pondered your sensitivity and he gave me permission to give you this information.

Your Overlord is of the *Bright Eyes* and is of a vast distance and ether. He is very noble and pure of stature. He communicates his essence of love and service to us all. His presence makes us feel very humble. He is your *Overlord*. He is in service as are you and I and he is not to be worshipped. He has much to accomplish and in our own ways you and I assist him as he assists us.

He has travelled your road and sends you strength continually. He is your source of power. He has provided all you require for your life and your work. He has screened all teachings, teachers, guides and friends who come to you.

Names are not important. It is not good for any of us to be named as a name has a vibration and vibrations build up mental thought forms and images which reach the soul so named. This can do harm as we live in the world of vibration and it is not good for our egos. We can have ego problems, although not in the same way as you. It is better that we remain

nameless although I see you have named your Overlord *He Who Has Eyes like Diamonds*.

I am Xerxes, a Persian from the time of Zoroaster. Then, as now, I was a teacher. You and I have an affinity. I can work through your aura which is why I am assigned to teach you. It is a pleasure for me to be of service, but it is mutual, for you also help me in my development.

I have an Overlord but not the same as you. I think you understand the difference between the Divine, the Great Spirit, the Father King, Overlords, Guardians, Guides, Teachers, Helpers, Friends and Spiritual Presences.

At the moment the writings are my domain. They have not been planned by me. They are the result of planning by others. You have received them and given them out to people. This is an act of faith and trust for which we thank you.

Your lesson is *maintenance* of standards.

When sitting in groups, do not be influenced by personalities. Remember the purpose of your sitting. You have a job to do and although you may falter in thought and self-confidence remember our mutual trust that we have built.

I am with you to help you begin your development which is fast, and I do not want you to feel lost. I am a mouthpiece for others who also help you. At some time they will come to you to help with a particular facet of your life and development. Mediums may see them but they will not see me, even though at this time I am constantly here with you for your Overlord.

Xerxes

Sitting in the group I feel the differing vibrations of each person. I feel the vibration of the spirit they contact. I feel my own vibration and the vibration of the spirit I contact. Some vibrations are welcome and some make me feel

uncomfortable. I think the lesson of discernment is going to be a long and difficult chapter.

Vibrations Within

You ask about vibration.

We now come to the essential task of communicating the idea of *vibration*. Vibrations exist on all planes and levels of life and we are all susceptible to more or less vibrations depending upon our individual awareness.

When you tune into etheric worlds and the greater worlds you become increasingly aware of vibrations. This is why protection, through love for the Great Spirit and with the help of helpers and guides, is so important. You do not want to receive or react to vibrations and thoughts directed by a negative force.

There is a hierarchy of vibrational rates just as there is a hierarchy of life forms. You can tune into and become aware of these separate vibration rates. When you tune into the silent world within, the hum of the universe and the music of the spheres can fill your soul. This is an extremely moving touch of the Divine Creative Power and an experience that can be repeated by the initiate into soul growth.

Although there is great beauty in the world of Earth this essence of the Divine Creative Power is more apparent in other worlds. It spreads through the ethers encompassing all infinity, giving your soul the ability to grow. It sings its existence. Its presence is praise.

Studies of vibration are studies from a higher mental plane incorporating the soul because the soul is the link between the world of the etheric and the physical world. Built from the materials of the associated physical planes, it envelops the spirit, enabling it to become cabined within the physical form of man. To feel within and without, through diffusion, through

love, through closeness and through awareness is to learn with more than your five senses. This is the essence of soul growth.

To reach towards the Great Spirit with all the capacity of your being is to ride all the vibrations through which you can feel all life moving rapidly towards his light and love. This is the *Music of the Spheres;* all creation heading towards the light of the Great Spirit, reaching out with its own aspect of life towards the whole from which it came.

This is experienced as a rushing, a surging, ascension homewards. To delay for any reason is a service. Those who stay awhile for others are choosing a road of service, but what speed their souls can travel once the journey is resumed. Service sings out a speed and pulse of its own, so the delay is temporary.

The aura is a moving, growing, living picture of the soul and can encompass great distances. It is a record of individuality and development and it vibrates at the rate of this development.

When you meet people who are attuned to the life force of the Earth, they mirror its rhythm. They live harmoniously with the Earth because their auras blend with the aura of the Earth as do the auras of children of purity. As their souls seek to progress spiritually their auras blend with the universe. This harmony is what you are seeking. It is the stillness when the wind dies down.

Look within yourself to learn. Books and knowledge stimulate the intellect and give you certain knowledge, but the real truth is within. We stimulate what is within your soul.

Today this was another teaching you could feel.

May your light expand and may you tune more often into the universe.

Xerxes

Life is very full and often we have to associate with incompatible people with whom we must get along. This learning curve is like a university study.

When I am young I am sensitive and easily hurt, as are many people. I am learning to have the heart of a lamb and the skin of a rhinoceros so I can safely continue to develop the sensitivity that is necessary for contacting inner worlds without exhausting my nervous system or becoming emotional.

On Earth we communicate with each other in various ways, some of these ways without speaking, and it is natural to find oneself in the company of people who are dancing to a different tune. We use thoughts. We use emotions. We use intuition. We use our five senses. We can use our spiritual senses. Years later I receive a teaching on the importance of recognising similarities rather than differences.

A Prickly Aura

You ask about incompatibility with others.

Our concern is spiritual development that is helping you on your journey back to the light where you originated. As much as we can we help, but your Earth life is yours to live. We watch. We pray. We help where possible.

Things upon the Earth are never as bad as they seem at the time. We have discussed guidance before. When you feel you have not handled a situation very well, do not think that we will refuse to communicate with you because we are ashamed of you. We do not judge your behaviour. We only ever seek to communicate our love and help, especially at times when you are saddened.

Walking this pathway can make you very hard upon yourself. Keep balanced about everything. There is a time and a place for everything. We are happy that you show a willing

heart but we know that you must carry on with your family life and Earthly commitments. That is service as much as spiritual endeavour.

To nurture love in another so it can grow is a beautiful service and children bring joy and laughter. Happy situations are to be encouraged. We are all part of a family. Your Earth family is only a part of your spiritual family.

When your auras blend this is a blessing. Give thought occasionally to those families that have a more difficult time because their auras do not blend very well. When this happens auras shrink away from each other.

Where there is mutual love and harmony auras respond and blend with each other, bringing peace and harmony that can be felt by those who are nearby. Auras of plants blend and generate peaceful feelings in you. That is why being near them causes a happy response.

Do not be saddened by life. All will be well. When you get overtired, your auras spark in irritability and prick each other causing you to react violently and draw back. This passes with rest. Have a good sleep and all will be well.

Blessings to you.

Xerxes

Spiritual communication is joyful without being over-emotional for emotions belong to Earth life. There is a difference between *I feel* and *I know*. *I feel* relates to self, whereas *I know*, better described as *I recognise,* in this context is a philosophical truth that can relate to anyone.

True Meaning of Your Existence Now

Come join me and find the light.

How beautiful are the words that offer such promise. The links of our words are forged through love and service. Total

surrender is asked. When you seek the truth you lay yourself open to everything coming onto your path. To be open is to hear teachings from another. Your free will enables you to reject what your inner voice tells you is incorrect.

Listening is an art that is little cultivated and often not appreciated. When you hear with the inner ear you listen with the inner ear. Too often people hear but do not listen. Today you felt the beauty and power of the sun, the giver of life. You have absorbed its healing rays and your body has been invigorated. Can you see what I am leading up to? The rays of light from the spiritual sun do the same thing for your spiritual body that the sun does for your physical body.

You question the concept of *the Great Spirit*. The concept of the Divine is vast, profound and too awesome to relate to other than as a force to be worshipped. This is humbling for you.

The spiritual and physical planes of life come from the same word. These planes are like circles upon circles of worlds and are vast and far-reaching. You feel the knowledge of these inner worlds and their communications. When you tap into the pulse of the universe you feel the rhythm of life in the universe. When you do not tune into the pulse of the universe you cannot feel its rhythm and the oneness and harmony of life that can be experienced even while upon Earth.

Meditation is an entrance to this oneness. Mother Nature is a key to the first step for she also has this same goal even while hosting man who is not always in harmony with her rhythm or the rhythm of the universe.

Feel the wider pulse of your own life. Live to that rhythm. See to that vibration. Feel to that wavelength. Speak to that speed. Understanding comes through knowledge gained from experience and knowledge is received and imparted from all that lives. Sharing of knowledge and understanding with those

who seek is service. Sharing knowledge with those uninterested in or oblivious to it is ego and pride in personal achievement.

Man has to come to terms with the, *I am that I am*. This concept is the *I* that exists regardless of its association to environment or personality. It is the still centre within the self. Understanding the *Me* is understanding the ego. Strive for the experience of the pulse of the universe and the, *I am that I am*. You will then come to terms with your relationship with your spiritual work that is ahead. May the light of the Divine bless you and all who come within your sphere of influence.

Xerxes

One night after I give a short address a lady tells me that whenever I give a talk she listens and watches closely to see if she can tell when I breathe. Apparently I speak so rapidly she can never catch me breathing no matter how hard she tries. I probably receive rapidly so I do not think of being on a stage or about my need to receive something. If I can stand and speak in front of people, anyone can; although it takes me many years to open my eyes.

The first time I give a full address a lady sitting in the front row reads a book aloud to her little girl through my whole talk. I suppose this is in response to my personal philosophy taken from a nursery rhyme, *First the worst, second the best, third the golden princess*. I like the idea of things getting better, not worse.

The second time I give an address, workmen start road works outside the building. Trucks roar up and down and I have to consciously raise my voice. Building confidence is difficult and after these experiences I decide to write in all situations. I write on the bus, in the pub, in social situations, on the beach.

My idea of a prayer becomes, *Help. I cannot do anything without you. What do you want me to do? I know and believe that, as my Creator, you will send me those who can guide me in your ways.*

Speak Out

You ask the purpose of your learning.

Serenity and peace are worth working for. Turning within to learn requires you to be calm. Calmness builds strength and strength needs the disciplines of daily meditation and daily exercise. In the summer rise early. Do your work, then exercise and meditate. Follow this with any necessary reading and study. Tend your garden daily and commune with the forces of nature. This will bring calm.

The gifts of the spirit lie within you and they need nurturing to be born strong. Strengthen your resolve and strengthen your body so it may house with ease a strong spirit that will place many demands upon it. Do not fear that you will be idle. You require work that is worthwhile and all will unfold in due season with this aim in mind. You are training to be a speaker. Let your spirit shine like a sun and speak from your heart.

Speak of the wonders and joys of life and creation.
Speak of Divine timelessness.
Speak of love and happiness.
Speak of service.
Speak of colour.

Excite the people. Fill their hearts with the wonder of the spirit and uplift them. Show them how each has a voice within.

Speak of righteousness and goodness.
Speak of strength of purpose.
Speak of opportunities to do good in the world.
Speak of the servants of light.
Speak of the Law of Cause and Effect.

Speak of attunement to nature and the harmony man may have with the Earth.
Speak of the love that flows between worlds.
Speak of the spiritual link of life between the various planes of life.

Speak of the spirit within each person.
Speak of the knowledge locked in each heart and soul.
Speak of the sharing of knowledge with all who will hear.
Speak of the communing of hearts when words are inadequate.
Speak of the bonds of family and friends.
Speak of the bonds of love.
Speak of your mission in life.
Speak of the soul searching to discover its reason for living upon Earth.
Speak of the individual drive of each person that causes each to continue alone.
Speak of achievement and success.
Speak of the knowing within that is the guiding light for each.
Most of all speak of inner truths.
Speak of universal love.

You have all the help and love you need for your mission.
All you need is your strength of purpose.
Xerxes.

This is the last I hear from Xerxes. Even though I never see him, my pen knows him and his presence gives me confidence. He gives me the comfort of a named personality when I need it and for this I am eternally grateful.

The confidence I receive from my association with Xerxes enables me to keep moving through the constantly changing aspects of life. This is so for many years.

Change makes life's journey an amazing adventure full of unknown possibilities. When our hearts strive for future possibilities, we can only know change. It is change that produces these possibilities although we can control how they manifest. I am amazed to this day when thoughts manifest as an aspect of life.

Final Guidance

To all who seek the inner truths comes the opportunity to learn. Once the desire to unravel the chaos of wrong teachings that abound is settled clearly within your mind, the opportunity to learn through experience arises. This learning takes time and effort, and is part of the journey towards evolvement out of ignorance. To seek to live solely for discovery of truth is to set yourself apart.

You have achieved a greater awareness. Constantly refurbish your mind with your enhanced state of consciousness and continue this pathway even though others will find it difficult to accept this course in your life.

Your course can reveal others to themselves, which they may not be prepared for, and this can cause resentment. You need strength to give you the ability to continue seeking, learning, growing and stretching yourself even though there may be a material cost.

You come from a world of light; a world you have left for a time; a world to which you will return. When you return all the knowledge you have in your soul becomes apparent to you, but while you are upon Earth this knowledge, although available, has to be awakened through effort and worthiness.

You have to be worthy of knowledge. You have to prove that you know how to use it wisely. Although you are a pupil you are also a teacher because of your desire to progress. You may not know in what way what you have said or done helps someone in need.

Allow your strength to increase daily and you will understand, in years to come, what is happening to you at this time. Make the most of now. Study and learn whenever and wherever possible and we will guide you when we can.

There are many ways of learning so do not be despondent about your achievements and losses. What you think is so little is more that you realise.

Your friend and teacher,

Xerxes.

Part Two-Spiritual Teachings for the Seeker

Introduction

Does playing safe fulfil us? I want to learn, and I have this opportunity I cannot relinquish. Because what I am learning is changing my thinking, my physical life changes. This is how we create, first ourselves, then our lives that influence the lives and environment of those around us.

I receive simple philosophy that lays a foundation for teachings to come. At the same time I am exposed to different types of mediumship, at least once. I find this intriguing, but my focus remains on learning to receive accurately. I am moving away from looking within to my inner self towards viewing the larger picture that affects everyone. What I receive is accompanied by more visions than previously.

I try several groups but they continue for only a short time. In one group David asks everyone to stand and one by one articulate what they receive. As usual words fly out of my mouth like bullets. Not long after the group disbands.

I meet some wonderful people in the next group which goes very well until I receive the words at the same time as Len who is delivering the address. Because everyone is sitting with their eyes shut I mouth the words so I can check that I am not one second behind Len. I am not. Someone in the group watches me and tells the group what I am doing. Another night a very large man about eight feet tall builds up in front of my eyes and I cannot understand why no one else can see him. He turns out to be Len's spiritual teacher and shortly afterwards the group is closed.

Where to now? Why do I want to learn? What am I going to do with what I learn? Our physical lives mirror our spiritual awareness and I wish to expand my awareness. I only want to learn what can be incorporated into my daily life. Alan and I

form a group that is committed to receiving spiritual teachings and I move into a productive, creative period of writing.

I was born into a Christian religion so the vein of truth I am familiar with runs through the teachings of Jesus Christ. It would not have mattered which religion I was exposed to for the vein of truth runs through all religions, to be found by those whose eyes and ears are open.

For me the first law is to love and worship the creator but I do not know how to pray. I know prayer is reverential but when I try to find the words it is as though I am looking for a magic charm to protect me. Maybe worship and prayer are through the heart and words are not necessary.

When our lives follow our hearts, we are joyful and our lives then become our prayer of worship and appreciation for all we have been given.

Great Spirit, I am of You

Before time was, you were there. Before the firmament was cast over and the universes were born, you were there. Before the stars appeared in the sky, you were there. Before this world was painted with the colours of the rainbow, you were there. You are the embodiment of all that is. Although my spirit is a part of you, you are more than I can understand.

The concept of life is a beyond my comprehension. It embodies a relationship with you but my journey through time is as an individual. I am of you and you are in me. Words cannot describe what this means because your world is beyond my dreams.

I seek to free my spirit within. There are moments upon Earth when I am given visions of a life that defy description. I empty the vessel of self so it may be filled with eternal life, eternal love and eternal remembrance. I reach for your reality.

Lead me to the more ethereal realms, where in a future time I may live.

In Hindu philosophy the Absolute becomes God the Father - Cosmic Consciousness – the unmanifest cause of all, which in turn becomes God the Son - Christ Consciousness - the manifest intelligence of creation, which in turn becomes the Holy Ghost - the invisible creative vibration - the Word - expression of the Christ intelligence. The Holy Ghost, reflected in Mother Nature, comforts man and shows the way to the Christ Intelligence – the Son - which shows the path to Cosmic Consciousness - the Father.

This is why Jesus said, "*No man comes to the Father except through me.*" I (*Christ consciousness) am the way the truth and the life*.

For many the Christ light shows the path of regeneration through ascension from the influences of physical life. The first step leading to this Way is taken by living according to natural law upon Earth. The Way opens through truth and it shows all men and women how to develop the beautiful qualities of love and compassion for each other. It brings hope for an enlightened future so people can believe in themselves as being capable of becoming the best and most ennobled human beings possible.

Jane is a therapist and has bought a resonance machine to monitor health. I am interested in this machine because it is linked to similar concepts in Traditional Chinese Medicine, especially acupuncture.

I hold two metal rods and place my feet on a metal plate for a needle on the machine to register results. Totally disgusted with my dismal results I put down one of the rods, take my feet off the metal plate and ask that the white Christ light measure my results and give me a better reading.

For a second I am encompassed by a white light that I am both in and can see before me. In that moment the needle shoots up and gives a beautiful reading. I explain what has happened to a confused Jane who later asks people to try to do this, but it never happens again.

The Christ and the Anti-Christ

In the times that come there will arise to the fore in world acclaim, two leaders.

First the Anti-Christ,

A world leader who will claim to lead the world in righteousness and build a classless society based on truth and justice. Because his manner will be one of gentleness and charm and his appearance of sincerity and beauty many will flock to his side and acclaim his teachings. He will seek to combine material and physical aspirations with spiritual aspirations and the manner with which he will undertake this mission will draw many to his side.

No longer will people be able to ignore the sign of the times. They will be required to choose. People will be divided into two camps; those who follow what appears to be the Christ, but in reality is the Antichrist, and those who do not. Those who are unsure will be asked to choose.

Before such a time arises, people will need to know, that which is truth, the truth of the Father, for if this leader does not teach the truth of the Father, how can he be the Christ? If he is not the Christ, he must be an Antichrist. It is a burden indeed if you profess to teach the Father's truth to the people, but it is not. This is a burden such a soul will carry into future times, for the responsibility of misleading others is great indeed.

It is a burden to profess to bring people into a path of light and justice yet it is not the Father's light and justice. How will

the people know and understand? How will the people see the truth under the veil of charm, beauty and a manner of gentleness and agreeableness?

Remember, my children, that those in a position of power, many times have come to the Earth to help bring the people to truth and light; to bring countries to ways of justice and peace. Yet once the way is clear for such work and the position is achieved where such work can commence, a leader can often become prostituted by the ways of material life and the physical body. The ways of the world can overcome the strongest spirit if great care is not taken to nurture the spiritual life, and much time is not taken in the spiritual nourishment of prayer and communication to the Father.

And so it is that these leaders come to the Earth with spirits strong and sure, encased in bodies refined and beautiful, ready to do a tremendous job of upliftment for mankind. These leaders need your prayers and love to enable them to maintain spiritual strength in difficult times and to overcome the senses of the physical body.

And so it is that such a leader will arise, whom many will think of as the Christ, because he will come with all the spiritual growth, power and magnetism necessary for the spiritual work of uniting mankind under the banner of truth. But will he do this in reality, or will he be overcome by the position and power he will hold in the material world?

If the Divine Lord of the Earth, in times long gone, could be overcome by the power of his position, enough to cause a revolt against the path of simple truth, light and evolution, when spiritually strong, powerful and beautiful in God's light, so too can a mortal man upon Earth, even though he too may be a spirit strong and true in God's light when he comes to Earth.

Times of darkness will follow such rectitude, for does not light cast a shadow for all who look away? Yet for those looking ahead there is no shadow and the darkness does not exist for them, for they will be standing in truth, facing the light. Before such times arise how much better that the people be shown the light and taught the truth and the path it takes on this particular journey? If the people are shown the light, when the shadow is cast over the world they will not be standing in it and so will receive the full force and power of the Father's love and strength when the true Christ manifests.

In this way the people who have recognised truth will recognise the true Christ, for they will have developed or be developing the Christ light within themselves. It is only those in the shadows who do not find the Christ within that will think an Antichrist is from God. Those developing the Christ consciousness within will see and recognise the Christ without, for they will see the light around him, in him and of him. They will see it, for their own light will not be marked by living a life of materiality, which is the mark of the Antichrist

And so it is that those who follow the Antichrist will bear his mark, the mark of materiality which hinders the flow of the Christ light within, that light which flows outward, expanding the aura, to meet and meld with the Christ light growing within all who have developed it.

And so it is that all who are developed in truth will recognise the true Christ, and will see him using their spiritual senses. Their own lights will attract him so they will not have to be present in the physical to see him, but will be present in spirit and will see and know the truth.

All those developing the Christ light will be magnificent in colour and light and will attract one to the other all over the Earth, so far will their lights and auras expand, and so will the world's vibrations uplift; a mass of colour, light and love. All

those of the Antichrist will stand within the light and receive its beauty even if they do not see or understand it.

And so you see how necessary and important it is to reach as many people as possible all over the world with the teachings of the Father; simple and true, unadulterated by the minds and egos of man. The time will come when all mankind will see and all mankind will move as one being towards the Father, pure from the flame of growth and evolution. Until then all mankind must work for all mankind until all are united again, as once they were, in truth, love and peace.

When I start this journey I am told that in the beginning, ethereal contact is 95% truth and 5% imagination, later becoming 5% truth and 95% imagination. This is a warning that I need to be discerning. It is a reminder for me to determine the vibration of what I receive and accept only what my heart can accept.

I request that I never feel pleasure in what I do regarding this work. This may sound strange but it allows me to experience many things, knowing that they do not come from me and do not belong to me. In life people experience hard times and hit rock bottom. When they cross my path they may be looking for hope and a new direction which is available for all but I cannot be personally involved with the words they need to hear.

Dark vibrations exist upon Earth but I do not want them to exist for me. When we have to experience dark vibrations we can then turn away from them and rise like the phoenix from the ashes of the destruction they cause. This is why in the early days of my treatment business I adopt the phoenix as a symbol of my work. Later I am directed to use the Falcon Eagle.

In my late teens Mark, who is about twenty-one years of age comes to board with us. Mark is tall and lean, dark and

handsome, gentle and quiet; someone who is good to be around.

He goes out with a girl I know, they marry and have a child. A year later Mark leaves for work and never returns home. His wife does not see or hear from him again. Twenty years later she sees him in a city street and contacts the police. It turns out that Mark is a conman who is wanted by Interpol because of his activities in many countries.

A nicer man than Mark you could never meet and he gives me a first-hand experience of this teaching.

Gathering Forces Upon the Earth Today

Remember, sons and daughters of man, that always the forces of darkness gather to capture your soul. As you progress towards the Golden Dawn these forces of darkness gather at the gateway to Paradise to offer you all the power and glory you could ever desire. The Prince of Darkness cloaks his evil in raiment of glory and power so the seeker of truth may ever be fooled by what is offered.

As the higher realms are reached through that of his perfect desire, always the Seeker of Truth is beset by the gathering forces of darkness which offer great gifts and powers. These gifts and powers enable the seeker to prevail over the Laws of Nature and become revered among mankind as a powerful prophet of tremendous ability.

On the Earth today great forces are gathering, and so great trials and tests await the seeker of truth. Always great care should be taken to continually seek the loving protection of the Father, for what is offered by the Prince of Darkness may seem to the senses, as the means of showing mankind the reality of spirit's power.

So many walking the Earth today have walked the Earth before in ancient times when great evil abounded. Great

psychic powers and occult knowledge reside in the minds and souls of many whom before, were weaned away from light of the Father. Their great spiritual powers and abilities were turned from the task of aiding mankind in its evolution towards the Divine source and origin of all life in all its forms.

Many with great mental and magnetic powers, with great spiritual enlightenment and with great psychic attributes turned away from their true spiritual pathway and used their abilities to promote their own self-glory and reverement.

In numbers they multiplied and the dark forces upon the Earth multiplied until those standing in the shadows by far outnumbered those standing in the light. The clash of psychic and natural forces caused magnetic upheavals on the Earth. Dark clouds gathered around the Earth almost totally blocking the path of life radiations emanating from the spiritual sun of the spheres.

The Lords of the Earth allowed these forces to gather and the great knowledge and powers of all those upon the Earth combined, causing the destruction of continents. The Earth was allowed to revolt but was not allowed to be destroyed.

So it is today, that as the dark forces gather, it is incumbent upon all who seek truth to ever be on their guard so they are not seduced away from the course of their true duty and destiny upon the Earth, and add to these gathering forces.

Today upon the Earth, as in past times, the forces of darkness are increasing, as more and more add knowingly and unknowingly, by the very use of their knowledge and power, to these forces that once again threaten the Earth. As history threatens to repeat itself, we see upon the Earth greater radiations of light and beauty as many upon the Earth hold themselves to their destiny, and work totally in the Father's light.

To these souls we give all the love, strength and effort of our whole beings to aid them in their work, and add to their strength which is needed fourfold to overcome the great power of ego and self-aggrandisement. Great are the tests, as that which is promised by the forces of darkness is great indeed and the source of power is bottomless if a soul wishes to tap into it.

However, the gathering forces of darkness are offset upon the Earth today by an increasing large radiation of light. As we have told you before, those working in the light are ever increasing in numbers, strength and might as rapidly they rise up the golden ladder towards the Golden Dawn. Upon these children of light great blessings rain down and great joy awaits them as they combine their lights in their awaiting of the New Age Christ.

Paradise awaits all who stand firm and true in light, but always be on your guard, my beloved children, for the seduction of Satanaku is always at the door with promises of glory, ability and power; promises he will keep, but promises that will lead to your destruction. Never take for granted that you are safe from these forces, for they arrive at your doorstep in the guise of smiling faces and magnetic attractions. Many people upon the Earth today, in ignorance, are seduced by promises of development. When the numbers are put together, they add up to fuel that feeds the fires of destruction.

It is against these numbers you must stand alone and firm. It is against these smiling faces and magnetic attractions you must stand alone and firm. It is against these promises of power and glory; promises which can be kept; you must stand alone and firm. You must stand together, united in love, united in strength and united in the Father's work, for you are a small band on the Earth, but you are a strong band. When you stand united and firm, your small numbers radiate a magnificent and

powerful force of light, able to dispel the deepest darkness and able to overcome the most powerful psychic and occult forces.

You must never work alone. You must always work at least in pairs, for to work alone is to place a great strain on your ability to stand firmly in truth against so many. Remain strong and true to the work of the Father and my beloved children, great happiness and joy awaits you. Remember, in all your struggles, although you are a small band upon the Earth, you are a part of a large band working from many planes.

The power and strength you will receive to overcome the forces of darkness comes from a large and high source indeed.

One day you will see for yourself just how vast a supply this source is and you will bow your head with the wonder of it.

My beloved children, stand firmly in truth and ever be on your guard. Call out to your Father at any hour and his help will be there at all times.

Harbingers of truth have been sent many times to Earth to teach the people how to live because alone it is difficult to find truth. We struggle to find it in the mist created by clever words that have a hidden agenda.

We are newly in the Age of Aquarius; the age of universal man. It is possible for this age to inaugurate the birth of an Enlightened One and see the construction of a temple of truth built for the people; a place where they can learn of their past and heal; not a place of religion but a place where the spirit of man can find expression through learning how to become free of the physical mind of Earth.

My Temple

I am beyond time.

My love and perfection is a continual expansion, so much that in this extension of Me, spirit was produced, also in perfection, radiating out from my core of being as limitless light and perfect love.

My love is. *I am that I am*.

This limitless light and love extending into infinity is of me, is in me and is me. This spirit extension is so perfect it functions as a whole. It is an expression of me and its vastness and magnitude is but a speck of knowing to me.

I feel and I know.

I understand all that is. This spirit manifestation of me functions as I function. It is a perfect expression of form. As it functions it continues to be a part of me no matter where or how it manifests. I draw it into the core of my being.

I am love and life eternal.

All of love and life eternal radiates from me. It pulsates to and from me, never apart, always being drawn in and out as a pulse.

My love attracts me to me.

Even spirit, who thinks it functions independently of me, functions in me. Even spirit who denies me functions in me. Even spirit who moves away from me will draw to me, for I am everywhere and I am everything. The strength of my love overawes all, absorbs all, unites all and draws all to me.

I am all of your desires. *I am all of your growth*.

You may be with me at all times for I am ever with you. Your journey towards me is continual for you are already in me. My love is your life and to acknowledge this life and love is to live fully in me. Even those of denial of me live in me. Even those who revolt from me live in me.

Life is endless and timeless

Joy and love is endless and timeless. As you grow in my love your form and manifestation will expand to hold it.

As spirit revolted and thought to live apart from me this thought weighed spirit down and became a burden. This thought of independence from me created a burden, a burden of form, a manifestation of form, a physical cloak that restricted and blocked the flow of spiritual life, love and wisdom.

Understanding was blocked by these burdensome thoughts but this physical burden did not change anything. It did not change the movement of spirit towards me. It did not change spirit being of me and in me. It only blocked spirit's expression. It only hindered spirit's understanding.

This is how creation of the physical came about. It came about through thought and the desire of spirit to create for itself, thinking it was apart from me. But I know, I see and I understand what spirit is about, for spirit is of me.

Spirit created, but was it perfect? Was it whole? Was it of love? You can answer that because you live in the world created by spirit, created by me, a world created with my knowledge and understanding. Is your world a world of perfect manifestation of form? In your world can you express your spiritual wisdom and understanding or is your spirit restricted by your physical form?

You will return to me for you are part of me. You are me. Your form and its mind will not inhibit you, for you will rise

above it and return to me. Then you will not take on such form again for your spiritual expression will be perfect and you will discard the physical form forever, my beloved.

It is a beautiful love that takes on such a burdensome thought form to aid those who are weighed down by their thoughts. Lift your thoughts to me. Let your spirit rise and overcome the material mind and physical world.

The material world of today is only a thought form of creation manifested through Lucifer, who even now understands that he is of me, that all the material world is of me and that in time all will be discarded for me alone. My ineffable creation and movement of life and love will continue regardless of the time, less than a split second, that the material world came into being because of spirit manifesting a thought of creation independent of me.

I am that I am

My beloved, you feel the power of my love. It surges through you. It sustains you. It is your perfect food. It is your life and strength. It is this love that you give to others, nothing more and nothing less. It is this love within that makes all of the material world fall away, into the insignificance that it is. When your material tests and lessons come you will feel this love and wonder at how anything material can be a lesson, for the material life is not your reality. It is a distortion of my perfect expression.

My beloved children, I leave you my blessing and I leave you my love to be with you forever.

I look within and find the Veils of Salome, the layers of personality we place over our real selves so we can adapt to

the varying requirements of the material world we live in. I meet spiritual teachers within, even though I do not see them. Their presence is around me and through me and I am taught about the worlds I live in. I am given no time to coast but am pushed ahead at the fast pace I asked for. Am I not the most fortunate of souls?

There is a ten-acre hill behind our house that is deserted. One morning I awake feeling different. I climb this hill for the first time and in isolation receive an intense love vibration. I feel the sorrow of the world and I see my future for years ahead. How can I feel so much love, compassion and understanding, and at the same time so much pain and sorrow? I shed the tears of those future years over the next three days. The changes in my emotional life are underway and the changes in my physical life are about to begin.

Why is striving for material success not enough?

What is driving me towards this different life?

These are questions asked by many thousands of people over the years and because of this these questions are relevant, not to be ignored even when not understood. They are the first signpost in a journey that is made alone, outside generation and family life; a journey that belongs to the regeneration of the soul.

First you learn how to stand strongly between two worlds. Then you begin a journey that wants nothing from anyone. You become happy to be in either world, knowing your purpose is not to take but to give something to whatever world you are in. When you put in place in the physical world all you learn from the spiritual world, strength is consolidated in your soul and remains with you in both worlds.

Sorrow of the Golden Dawn

To see the rising of the sun is to be reborn. To be reborn is to acknowledge the opening of a new pattern of life. Thoughts are channelled anew. Strength and purpose are required for participation in the new dawn. Through the portals of sorrow one leaves behind that of the old life and sheds the burdens and sorrows as one steps over the threshold into the Golden Dawn.

To this new age of enlightenment comes the weary traveller to be renewed and strengthened in his purpose so he may once again commence his journey. A reflection awakens knowledge that lies within and with this comes an understanding of the sorrows.

The Golden Dawn brings great wisdom. It brings understanding of what has already been and brings hope for what is to come, for in the Golden Dawn time ceases to exist. What has been and what is to come are instantaneous, understood in a moment as the petals unfold. So it is that life unfolds as the lotus flower; many petals and many facets opening at once. All understanding comes when all the petals are opened.

The Age of Enlightenment is upon us and in this Golden Dawn we see that, which is the ***I am that I am*** revealed for us, and all else ceases to exist.

You may ask, What is required of me?
And I will tell you.

I ask your all. I ask your love. I ask your life. I ask that you hand your life over to my care and I will return it to you fourfold. Fourfold, for that is the essence of the Earth and its life, and this I will do for you. In this fourfold return you will have dominion over these four forces.

But I ask your all.

What is your sorrow compared to this? Why do you ask what you are? You breathe in me and I am your life. To this life I dedicate you and me. In this life I want you to live each moment in me alone. I want every thought, every deed and every emotion. In *my* name you must do every action. In this way every thought and deed will be worthy of me.

You are a daughter in time, but you do not belong to time. You are lending your love to the matter in hand, but you live in me. No matter your task, no matter the place, you live in me.

You have felt the total consuming of my love before, and it is for this you yearn. It is for this you have sought all your life upon the Earth. You have come to that point where your very life depends upon it and I have my love here for you, as always. You have lived in my love before, totally, and you will live in my love again, totally. Nothing else will satisfy. Your sorrow will lead you to me, for how else can you measure the joy? The sorrow and the joy are one. They exist together as do the light and the shadows, each measuring the other.

Cast aside your sorrow so you may feel the joy and love and, my daughter, learn this lesson well. *What you receive you must return, so you never take on a debt*. I will give to you all the love you can contain so you may give it out to my starving children upon the Earth. Give it wisely, my child. Do not waste it on the unworthy for their time is not yet at hand. Give my love to those who seek and in the giving you will be fulfilled. Accept that which must be and I will give you all you need. You are strong. You are worthy. You walk alone. In your aloneness you will find me, and in me you will find fulfilment and love.

Go now into the silence and receive my blessing; a blessing that will guide you through your days; a blessing of love.

How do I maintain good thoughts? I am told it takes a determined desire to do so and lots of practice. Thoughts construct life. I am living the life I want to live because I have thought the thoughts I want to think. This is simple and at the same time difficult to achieve.

There is so much activity in life but quiet time is needed to consolidate the first step in gaining thought control. I meet people who are filled with uncertainties which lead to fear of the future. This seems to lock them into a cycle of repeat events.

I want the confidence to be proud of my certainties. I want to banish fear and with it, my worries. I want to replace these thoughts with good thoughts so my life may manifest in a better direction.

The length of time they take to manifest depends upon their strength.

Thoughts

Let your thoughts run as the river.

At times swift and sure, rushing over the Earth, carrying its healing properties to enable all that lives upon the Earth to grow. These thoughts, so swift and sure, are thoughts that bring inspiration and knowledge to nourish your spirit and promote your understanding and growth.

At other times let your thoughts flow as the gentle stream

Spreading its beauty and moisture to all that grows nearby. These gentle thoughts encourage the growth of your love and appreciation of your life. They move at a quiet pace, flowing through your soul, mind and body to replenish and nourish.

At other times let your thoughts be as a still lake,

Deep, calm and untroubled. Thoughts that give depth and meaning to your life, promote serenity and a peace that

enables you to flow with life, untroubled by the turmoil and tempests of others.

When all your thoughts become as the river, the stream and the still lake you have harnessed the building qualities of positive thoughts. These thoughts bring joy and love into your life and this is your protection. When you have joy and love within you, your light can grow and shine for all to see.

When you never allow at any time your thoughts to be other than those of love you bring to yourself joy, happiness and a true understanding of what your life upon this Earth really means. No shadows can then enter your life and you will forget the meaning of darkness, anxiety and depression.

Your face mirrors what is in your mind and heart. It glows when you love. In this way you become a beacon of light for others who still know and live with anxiety and its associated qualities. By living this truth of entertaining only thoughts of light you are teaching others how to live, not by your words but by your example.

Always remember the pure river, stream and lake of the waters of life, waters that sustain and nourish, without which all life upon the Earth would wither and die.

There are many ways to communicate with other worlds. Many people aspire to trance mediumship but I seek inspiration. I want to maintain control of my mind and inspiration allows me to do this. With inspiration I distance myself from what is taking place. I become an observer, a listener.

I learn that my mind can receive three types of inspiration; from evolved teachers, from Earthbound spirits and from my own thoughts. I do not want thoughts from Earthbound spirits or my own mind to interfere with what I can receive from evolved spirit.

I work hard to achieve accuracy through using vibration and editing. I record or write what I receive, then I edit. I do not often need to make changes but when I do I eliminate what I do not want. Prepositions are the most difficult because I do not hear them and the use of different prepositions can change the meaning of a sentence. For example, if I use the word *for* instead of *by* the meaning changes. I go *for* excellence. I go *by* excellence.

Inspiration

To seek to inspire others upon Earth is to seek to do a service that is the highest man can do. Inspiration is the direct communication of evolved spirit to man. It is a source of truth and inspires the receiver with love and the wish to fulfil a task of beauty acknowledged at some time.

To acknowledge while upon Earth, that alone, man stumbles along his path in ignorance and darkness, never knowing what he requires to achieve harmony and knowledge of his life's purpose, is to acknowledge that teachings of truth from emissaries of the Great Spirit, can teach man how to come to know the meaning of his life. To seek to receive this understanding man needs to seek, with love, to develop the ability to achieve communication with these emissaries from higher realms.

You may ask,

How do I achieve the ability to receive and give inspirational teachings?

When you seek in sincerity and love to know the will of the Great Spirit, he will communicate his love to you through a higher vibration than your five senses; this love which will leave you with a wonderment of life; this love which will inspire you to achieve all you desire to do in service to the Great Spirit;

this love which will enable you to harmonise every aspect of your life.

When your body, mind and soul work together your spirit can soar and you can raise your vibration to receive the communications of the teachers who will impress your mind with words and your soul with an understanding that is beyond words. You will be aware of what is taking place and yet you will not participate. You can then speak what you receive to those unable to receive for themselves.

Aspirants of truth must aim to develop this channel of love and wisdom that inspires the aspirant achieving and the listener hearing. It is a channel to be kept pure and clear at all times, unsullied by thoughts of any nature other than love and truth, and can only be used in the service of man.

People want to know why they are on Earth. Many know what they want to do materially to achieve security and the ability to have the good things of the Earth. We all want to make friends with people who like and understand us. We all want to meet people who share the same dreams and ideals. Most of us want to live happy, productive lives filled with purpose. Sometimes we want to marry, have children and live the family life and sometimes we want to live through fulfilling careers. We all want to remain healthy and fit and we all definitely want an easy death.

I love being with people but I need to be alone to replenish my energy. Lying very still on my back calms my nervous system.

As a teenager I love to dance but I do not want to drink, do drugs or have constant sex. Love elevates sex and I want love. I am told, *You cannot go down the path of sex*. I do not understand why I am told this but I know it is sound advice. Many years later I realise the damaging effect of too much sex

too young, and I understand, for I have always had to take a lot of care to maintain energy and good health.

We live in a material world and need to fulfil our lives materially but when material goals are achieved we find something is missing. It is as though life's purpose includes more, but what? When religion and popular spiritual beliefs do not bring the answers courage is needed to go it alone. Searching within can bring answers. It just takes effort, time and a sense of humour.

We have karmic dues to pay. We want to help others. Mostly our efforts go into recreating ourselves as better people while still enjoying life.

I am given a beautiful concept that clarifies my understanding of how each of us is important in the world with an important part to play.

Everyone contributes to the march of civilisation for you are each a light that comes into the world. Your combined lights contribute to the well-being of the Earth and all who live upon her, attracting and expanding all that is beautiful.

A world filled with people holding beautiful ideals builds a beautiful world. A world filled with people holding selfish ideals builds a selfish world and the Earth swings between both.

I Give to You …… An Encouragement

I bring you peace that in essence is strength, for the two are as one, each depicting the power of spirit in the development of the human race.

At the moment the human race is on a downward cycle but there are many working to uplift the people and show them the path to the Great Spirit. My mission in life is to work for all who inhabit the material planes. I have walked the Earth many

times and know all its limitations and joys. I have remained attached to the Earth's spheres so I may teach man of the greater life.

Long ago you dedicated yourself to my task and we have worked together before so this work is not new to you. We have been together too many times for it to be new and this you feel in your soul. Too many hours have we shared and too strong is our commitment.

I need such as you to spread my word of truth so that once again the light may shine for this age to bathe in. I need such as you to flow with my light and strength and use them to cause the blind to see and the deaf to hear.

There are many who have worked for you to be where you are and so I give you this encouragement.

What you are training for in the physical is already achieved in the spiritual. I will give you all you need so you may do this work. It is my love that will give you strength. It is my love that will drive you onward. It is my love that will enable you to seek out those people and places necessary for your training, for now it begins.

You are entering a period of increased activity and I want you daily to pray with great fervour and humility. Pray for direction and pray for love. It is not that I doubt your ability but your prayerful communication allows the power of love to flow freely for all you require. As your activity in this work increases you need to maintain a loving strength and renewal of spirit through prayer. Your inner prayer becomes your food. Your humility becomes your drink. Through love and humility you can achieve any of the tasks set for you.

You will move slowly into all fields of endeavour and already the people are coming towards you, slowly, no faster than your ability to handle them. You will not work alone, for

the powerful forces of opposition will also grow, slowly, at a pace you can handle.

All things are growing apace, your participation in the field of work, your development in the physical to handle all manner of events, and the opposition and jealousy of what you are a part of.

As you develop, the qualities of your true spiritual nature will manifest; peace, love, strength of purpose, dignity, confidence, knowledge of truth, wisdom. These are the powers that, with gentleness and quiet assuredness, will slay all opposition.

A pillar in the temple, when built into the foundations of the Earth, can withstand all that is thrown at it, for it is built on a solid foundation and is made of materials that are the most superior in the land. So too are you, a solid foundation of understanding and knowledge, built of a pure material over aeons of time, able to rise to the heights of spiritual attainment.

Already people are coming towards you so you need to be direct but most of all you need to be loving. Love is a consuming power. It can consume all opposition or it can consume you, but you will only receive that measure you can contain. As you make contact with me more, I will give to you, your measure.

You need this love to conquer all that is about you. You need to grow in your capacity to love so you may conquer all that is about you. You need to develop your ability to use this love wisely, so you may conquer all who are about you. You need to be able to direct the flow and dictate the direction of this love so you may conquer all that is about you.

You will conquer my beloved.

You will conquer with gentleness, love and understanding and you will conquer with words. Through your words you will send straight to the souls of all who hear, my communication of love and hope.

I will give you a faith to give to the people,
a faith they will understand,
a faith in themselves as being an important part of life, of being important to the Great Spirit.

I will give you a hope to give to the people,
a hope for a future more beautiful than the past,
a hope they will understand,
a hope that they will live forever in the light of the Great Spirit.

I will give you a love to give to the people,
a love that surpasses all understanding,
a love that will see them through their days of sorrows as well as their days of joy,
a love that will uplift them out of their deepest despair,
a love that will raise them to the heights of ecstasy and awareness,
a love that will see them through these latter days and lead them into their future,
a love that will be their staff of life and their path to the Great Spirit,
a love that will encompass the most high and the most lowly,
a love large enough to embrace all the human race, on all planes of existence,
a love I give freely from all I know, from all I have and from all I receive,

a love I pass onto you to give *you* strength, to give *you* faith and to give *you* hope.

Because of this love you will never be alone, for I am ever with you, my beloved.

We each choose our path and we do not need the approval of others even though we may look for it. I am encouraged to continue the path I am choosing for it carries the offer of spiritual guidance.

We all need help to live in this world because evil actions are so apparent and the sight of goodness seems to be retreating. We need courage to project qualities of goodness. We need courage to remain unaffected by ridicule from others. We need courage to surmount the difficulties we face in our search for truth.

The years pass quickly and each of us needs to stand for something. Let it be truth; that hard, implacable envoy of what is.

Surrender

The spiritual sun of the new age is dawning. A messenger will arise and enter your midst and will bring enlightenment. He will come in his raiment of light and you will feel at-one-ment with him for what he teaches is what you seek.

Many will not understand, as in times past, that the messenger will arrive at a place held most unlikely by the dignitaries and wise ones of time. Although they herald the event they do not always understand how it will be.

Prepare for his coming with prayer. Think and live in purity, for to see and feel his coming requires a pure heart and a pure mind that has control over all the appetites of physical life. This is your responsibility.

Prepare yourself. Leave behind now those ways of the world that inhibit you, mar your confidence and prevent your participation in your work. If you wait until the conscious mind says, *I am ready* you will wait forever, for your conscious mind will never be ready to step aside for the spiritual mind to control it.

To herald the new Messenger, step past yourself. Step past your conscious mind and begin to flow with the love that is building around you. Absorb it daily into your heart and become a soul of prayer. Spend more time in prayer to the Great Spirit. Dedicate your life to him and his work.

Speak out in every place shown to you against all the orthodox teachings in the world, against the corruption and power politicking in the world and against the lack of freedom so many have to fight to come to the truth about life. Replace all these things with the love of a spiritual understanding and prepare the people for more in-depth teachings to come.

The Messenger will come to all who will listen. He will bring his understandings to all who can hear and no hand will turn against him. You who are to prepare the way must be strong at all times, strong in that you can stand firm against all who ridicule you and speak out against you.

Stand silently but firmly. Let no word pass your lips until you feel the love of the Great Spirit. Then speak his word. Until you feel his love remain silent and you will learn the source of your inspiration. Until you know that the words of the Great Spirit's truth come through your lips do not speak one word. Stand, breathe deeply, wait and listen. When you feel the spiritual love flow through you, say in your mind,

O Great Spirit, I love you with all my heart and soul and I ask that your truth flow truly through my being for all who wish to hear.

You will be tested many times in what you say. You will always know your source by the love you feel surging through you, making you glow and come alive. This is why it is necessary to cleanse your mind and body; so you have a pure channel to receive what you need.

You are here to herald a messenger of truth, that golden trumpet of music who will sing out the truth once more, to lighten the darkness man has created upon the Earth.

This golden trumpet will play as no music has ever been played and all who hear will stand still; in awe of the beauty of the voice and the depth of the love that will lift all from the Earth. He will stand as if one foot off the ground, bathed in the gold and white iridescent light of the transcendence. Such a moment will change all who hear and a transfiguration will take place.

For this prepare in all love and humility. The material conscious self must be left far behind so daily in prayer ask for the guidance you need to cast off all your shackles that tie you to the Earth.

I ask that you transcend the Earth and soar to spirit daily. To continue in the ways of the material thinking mind is to hinder what must be, and you, my strong ones, will inaugurate that which will take place.

Armed with the Sword of Truth and the protective armour of my love, seek to understand the reality of your existence and put it into effect for you are part of the cause and the effect of what must be upon the Earth today.

Eye has not seen nor ear heard the wonder of what will take place in due season.

What a beautiful way to be addressed. Love and humility emanate from this title and from whoever delivered its

message to me. I would that I could greet everyone in the same manner, not with these words, but with the accompanying sentiments.

The Beloved

When I say to you, *my beloved* I address the spirit within. *Beloved of Beloveds* is the title of the Great Spirit. To call you my beloved is to recognise within you that source of life, that source of love, that source of wisdom which comes from the spirit. I call you my beloved for I love you as I love the Great Spirit and I seek to teach you how to love and worship Him through your spirit.

Your spirit was born perfect but your life did not progress as intended so your life always holds in the balance. You are living on Earth with your perfect spirit encased in the imperfect physical body. You seek to live as was intended, in love and perfection. To where do you turn for an understanding of life? You can only turn to the source of your life; the Great Spirit.

You live, you learn and you grow in the love vibration. With the words *my beloved* I am sending you all the love that went into your creation. I am giving you the chance of wisdom that is for you upon your awakening. You have reached that place where you desire knowledge that can lead you to your destiny. You are hampered by your conscious mind but your spirit recognises the love vibration that aids your growth.

The Great Spirit does not desire one soul to fall into individual annihilation. He wants all to be enfolded in spiritual consciousness. He desires to see you take your place in the spheres for which you were intended.

In these latter days we bring all possible aid and assistance to help you in your struggles. We bring you knowledge and guidance. There are many here to help you learn of your spiritual nature. There are many who devote themselves to

helping all humanity reach the light and goodness of a true life. They are willing to delay their own movement to higher realms to help. It cuts into our hearts to see the suffering and torment souls upon the Earth bring to themselves.

You are our mouthpiece to reach struggling souls upon Earth. You can tell them of our eternal love, our eternal patience, our eternal devotion to the Great Spirit and our eternal work to aid in the progress of creation. You can tell people that we call them all, *my beloved*. You can tell the people of the Great Spirit, the *Beloved of Beloveds*.

When you say these words, *my beloved,* you draw in the love of the universe that gives you the strength you need to grow in knowledge and wisdom so you may teach people the truth about life. When you say these words, pray and you will understand your relationship to creation. You will come to know your past, your present and your future and all that is eternal.

The love vibration binds us together for our spirits are one. All may attain knowledge and wisdom and all may attain the perfection that leads to Paradise.

I leave you my love and I exhort you to love the Great Spirit with renewed vigour, for it is only through him that you are what you are. It is only through him that you can attain eternal wisdom. It is for this that we all work, through love, harmony and peace.

My blessings and love to all the children of Earth. In the name of the Great Spirit *you are beloved.*

I am taking a group with Alan. We are holding it at my house in the lounge. Sebastian the cat holds centre stage because he refuses to leave the room but he is very quiet. Sebastian is jet black and he stares; a cat to watch, not to cuddle. His favourite

game is to sit on top of a high-backed rocking chair and try to claw the children as they run round him at speed.

Sebastian is happy again. For a month he sat under a chair and refused to come out because daughter number three brought a month old black and white kitten home. Sebastian took one look at the kitten, went under the chair and glared at us all.

Over the next month the little kitten became sick. Finally she stayed at the vet's and it took her another month to die. The vet never charged me because he wanted to find out why she had died, but he could not find anything wrong with her. At the exact time she died Sebastian came out from under the chair smiling. Thoughts and desires have strong outcomes, even from cats

People learn what they want to learn. Their intense desire to do so attracts the opportunities they need.

Teacher of Teachers

Many are the souls who walk the Earth today who do not know of or are aware of any existence of life other than that upon this Earth. They do not see, feel or understand anything that does not relate to their five senses. They do not perceive of a greater force than themselves. These are the souls who live believing that they are the centre of the world and all life revolves around them.

It is upon these souls that we gaze in longing for these are the souls who stand uncommitted. They are not dedicated to a particularly good or a particularly evil way of life. They are merely ego-centred. These are the souls who are so hard to reach for they do not understand how they regulate their lives by their thoughts. They do not understand how they may change their lives at will by their thoughts.

These souls, and they are vast in number, are those who form the basic population of the cities, living in a spiritual desert, not understanding any of the depths of emotion or feelings. Total joy of life and total despair eludes them. In many cases they are blank pages waiting to be written upon.

We pray that eventually your words will touch these masses of people; that your words will cause them to be shocked out of their stupor and they will see that there is more to life than what they see around them.

These people are the second group that you will try to reach, the first group being those of the seekers of truth, the lost and lonely who have searched and searched and found no answers, those whose souls are awakened to a greater understanding but do not know where to find the answers.

These are the people who will come to you, to hear and to learn, and in time pass on with excitement all knowledge that comes their way. It is through this group of people that the second group of the uncommitted will be taught.

Engender excitement and urgency in these seekers of truth who will want to be a positive part of the uplifting vibrations upon the Earth. From the seekers of truth come future teachers. Engender in them commitment and dedication to the great work of creation by bringing truth and enlightenment to people.

Your work lies in this nation to which you were born. Explain how everything comes from the Divine down. Speak about the Earth so people may understand their relationship to it.

Continually develop sincerity, and humility. Do not worry and fret over what you can or cannot do. Hold in your mind at all times that you are needed to help souls upon the Earth learn the truth of their lives before it is too late for them. All that is required is your sincerity. All else will be given to you. Have faith in this.

Give of your knowledge, without a thought of self, to everyone who wants to hear. Do not deny anyone the opportunity to learn because of your self-doubt. Do not doubt yourself any longer. Do not doubt the Great Spirit any longer. Do you think He would not give you the words to say or the wisdom to impart? Will He stop there and close up your mouth when people are looking to you for knowledge and truth? No.

You receive all you need. Speak to the seekers of truth. In time they will go out in numbers to the four corners of the world to reach that second group of people who are uncommitted to any doctrine of truth apart from what they see about them. Let your light shine. They too will wish to shine and you can show them how.

It is not your task to reach those people upon the Earth who are steeped in evil and wickedness. They will fall by their own actions into a way of life that will give them an opportunity for repentance. You do not talk of repentance. You talk of light. You talk of truth. You talk of understanding. There are others who work in darker areas. You work in light.

Shine with light. Speak with words of light. None who come will be turned away. Reach an understanding within that your life is dedicated to reaching all who come towards you. Do not at any time feel unworthy or incapable.

I sense an Egyptian vibration and that what the Egyptians had was inherited from Lemuria, the continent to which I attribute the initial coming to Earth of the human spirit; the continent I see as a representative analogy of the Garden of Eden located in spiritual worlds. All is conjecture.

This Egyptian influence remains with me for some years and Erna frequently tells me during this time that I look Egyptian; a portrayal of a vibration?

Prophets of Osiris

Osiris spoke to his prophet and his words were sent forward for all those of enlightenment upon the Earth. His words were sent to bring to the minds of man the beauty of life's unfoldment, wisdom of ages past and enlightenment to come in the future.

These words do tell mankind that within the heart of the earnest seeker of man dwells the spirit that knows of life eternal. This is the spirit that teaches the soul the ways of truth and light.

The soul is the meeting ground for the ways of the material world and the ways of the spirit and only one may rule. This is your battle in life, to experience and understand that the heart that seeks to manifest love has room for nothing else. All selfish desires of physical life depart forever into the confines of the lower regions, never to darken your threshold of light again.

Your heart is the seat of love which seeks to manifest from each heart that beats on Earth.

You may dedicate your life to the path of love. Along this path your understanding of love will grow as it manifests around you. You can look for it in the heart of man, but you find it expressed more in its purity in a babe. This purity man is seeking to achieve once more and so attain perfection; through purity of mind, purity of body and purity of soul. This is a path that leads to at-one-ment with the Great Spirit.

Osiris spoke to his prophet that the prophet may show the darkened world that the light of the spirit seeking a greater purpose has never been dimmed in those who dwell constantly in the W*isdom of the Ages*.

Osiris spoke to his prophet that the prophet may show those of the world that all have the spirit of love within their

hearts and all may overcome the selfish desires of the physical life so this love may manifest.

The soul of each man struggles as the ways of the material and the ways of the spirit battle within the confines of the soul.

The vibration of the heart's love leads the soul to the vibration of the spirit and the oneness of life. The soul may then feel the spirit and be a part of its life, enabling man to reach ever higher.

The spirit teaches the soul knowledge of life. This knowledge teaches that the material is no measure against the spirit in the seeking of wisdom.

Osiris spoke to his prophet that the world of man would understand that in each heart that beats upon the Earth dwells the spirit that teaches the soul of man that of the breath, love and knowledge.

These three things man upon the Earth calls *life, love and wisdom*. These three things are those pearls of truth that man comprehends through the process of purification. These three things man can find in his heart wherein dwells the spirit that teaches the soul in the silence of prayer and meditation.

In this way all who learn become prophets of Osiris and teachers of men.

A blessing of love to you. Do not be afraid.

Hope for our future springs from our past which in turn enhances our efforts in the present. When we are young and pure we feel immortal. This emanates from our souls that are in harmony with our physical surroundings.

Some of our memories give us certainty that we have known a more beautiful life and a more beautiful love. They are

pictures painted on our minds to spur on our efforts to replicate what we have once known. They are similar to déjà vu, but more potent; a deep realisation. We may recover our memories. We just have to work for this.

Time and Timeless

Your spirit takes you to distant places where there is no time. Here you may live, in a moment of Earth time, another lifetime where you flow with full expression of your spiritual self.

Here you may touch on the infinite and rejoice in the knowledge that you are timeless and free to soar. Here you may enter the realms of silence and touch the pulse of the universe. Here you may enter the wonder of spiritual inspiration which envelops your soul and causes your spirit to yearn.

In this yearning your spirit seeks to raise its beauty of life to higher spheres of light wherein the celestial angels soar. The wonder of existence is timeless and in the realms you visit you see the work of creation and all the created at work, pulsating out the love vibration and uplifting all to the glorious light.

Let my voice ring out to you and I will tell you of your journey. You have travelled through timeless zones, and you have travelled through time.

In time you learnt of bitterness, hate and betrayal.

In the timeless you encountered love, caring and tenderness.

In time you learnt of people and their fears.

In the timeless you cared for and solaced the neophytes.

In time you engendered a desire for life.

In the timeless you encountered life.

In time you suffered rejection.

In the timeless you handed over your love and encountered truth.

In time you fostered love and compassion.

In the timeless you served and rejoiced.

In time you forgot all.

In the timeless you forgot nothing.

In the timeless zones you travel, live, move and breathe in me.

In time you suffer the burden of forgetfulness

and become bereft of knowledge of my love.

My voice to you will recall the timelessness of life and its work and this you can bring into the world of time. Your task is to marry knowledge of timeless worlds with the understanding of the world of time.

Speak about how the hidden recesses of the mind contain knowledge of worlds of light which the spirit is free to traverse then returns to time bringing an understanding that makes life on this world bearable.

Speak of realms other than life upon the Earth because from other realms you return with their love vibration which enables you to rejoice in life upon the Earth, flow with love and inspire others.

I am experiencing a time of prolific visions that seem to come from deep within my soul.

I see the horizon stretching as far as eye can see, radiating streaks of varying colours. Iridescent is the only word that describes their quality. There is an awesome presence so vast I am humbled and I experience the extraordinary. Earth life and its troubles cease to exist, fading into insignificance.

My senses are heightened and I am left with a resolve to learn and grow that is strengthened by this experience.

A Vision

I have a vision.

In my vision the skies above the Earth part. A beam of iridescent light, as wide as the horizon, radiates down to the Earth, and behold, a transcendence takes place. Through this beam enter the sons of light, and as emissaries, they display without words for all to see, how life manifests in ways man thought were born of his imagination.

In my vision those upon the Earth tremble for they are made aware of their ignorance of the laws of nature and the universe. They stand in awe not trusting the vision before their eyes. A voice sounds out and proclaims to mankind that of the transcendence. In this voice man hears power, love and a vibration of harmony never known before.

The voice says,

"I send you this proof of my love that you may turn away from your path of self-destruction and annihilation. I will send you my beloved son so once more upon the Earth you can see the way man may live in harmony with my laws. My son of light will show you what you may be. I give you my promise that all who desire in their hearts will join me in Paradise.

"To those who are blinded by my light I say,

You are as ever my beloved sparks and rays but I will wait for you no longer. I have sent you these emissaries of my truth and light. I have shown you my ways.

"Upon the Earth I have sent to you my beloved sons and daughters by descent so you may receive the guidance of my truth. Heed these beacons of light for no longer will I stay my hand. I desire that you all come into my fold of light and truth. The evil forces must now be destroyed as you have received so many chances for your growth and salvation.

“Unlock your hearts. See in the skies above you a symbol of the light that is my love and your destiny. Turn not away, for the only other path is darkness and self-destruction. Doubt not your worth and seek the truth through all who know of the Great Spirit.”

The voice fades into a vibration of sound unlike anything heard upon the Earth for many thousands of years. Music fills the air and those of the Silver Reign bring down love.

Lemuria is a place of dreams. It is a memory from deep within my soul: the strongest memory possible. I have a sense of clarity about the purity of life in Lemuria, where I stand with great and gracious souls, looking out to vast expanses of burgeoning civilisation from a great height. I see colours I have never seen before; iridescent, luminous and glorious to behold.

The luminous colours of alabaster white and marble, the fiery multi-coloured energy radiating from the towers, the natural movement of travel from realm to realm are inadequately described with words, as are the descriptions of the courtyards, the crystal-clear air, the trees and the plants.

Love of an immense magnitude, emanates from those I stand beside and know so well. Their love fills me to capacity and I am as large as the universe. What each of us, is flows freely between us. If I could, I would have these visions every day for the rest of my life.

At times, over the years, I return to those courtyards in meditation with a sense of being home again. Although these times are rare the visions remain with me as though deeply etched into my soul. I meditate very little as these years are too full of activity. Meditation can keep until the years when I am not so active. Perish the thought.

Lemuria (1)

Lemuria stands in glory and whiteness. In her heights she reaches up to the heavens, the towers of her structures a blessing and a symbol of heights to be attained. Her noble lines and structures symbolise the purity and perfection of creation. The smoothness, texture and colours of marble, opal and alabaster symbolise the light of truth and love.

Lemuria portrays upon the Earth the beauty of the manifest. Her spiritual sons and daughters are as gods of light, unhindered by life, enhanced and harmonised with life held dear within the laws of the Great Spirit.

The light flowed freely through those of this land extending to all lands which were all of Lemuria. In these early days of Lemuria man dwelt in light, pure in mind and soul, striving only for spiritual enlightenment and understanding. He reigned supreme in Lemuria, holding all life dear, desirous only of serving the Great Spirit.

I am born of light and love. I have dwelt upon these spheres where I touched upon truth and this I remember. I travelled these towering structures and marvelled at the portrayal of blessings.

I have dwelt among the children of Earth and I return to dwell among them again, but the changes are so vast. Where once there were gleaming marble towers and structures now there is dirt and depravity. Where once man lived pure and unsullied, now he is overcome by his selfish desires. Where once all who lived upon the Earth knew only joy, now man separates himself from the light.

I bless those days when man knew the source of truth and dwelt in harmony within the laws. I bless those days when man sought to bring to the Earth all the understandings of truth he was capable of receiving. I bless those days when man knew

his time upon the Earth was for experiences that could expand his spiritual consciousness and give illumination resulting in wisdom.

To walk the Earth in those early days was to walk a realm that was free and unsullied by evil. Only the Will of the Great Spirit was paramount. Man was able to traverse the gross material planes of life to expand his awareness and fulfil his destiny.

The early days of Lemuria were days when life entered the Earth in maturity, seeking only spiritual wisdom. Once again mankind will live in this way.

In Lemuria in those days one of man's tasks was to understand creation. All were destined to become creators and expand in the manifest the spiritual life force. From Lemuria the spiritual rays and sparks were destined to people the Earth and in the various centres train their souls to respond to all light forces.

As the vast organisation unfolded the power and harmony of the vibrations held the Earth in speedy revolution around its sun and the spiritual sun sent its radiations to nourish all. Through these rays came all that was required for life upon the Earth.

Death was unknown for none had to sacrifice so another may live. All life gladly shared their life force with all who came within their influence and with this giving their life force was renewed by the spiritual sun of their realm.

To Lemuria came the sons and daughters of the Great Spirit. The light that emanated in these times spread far and wide and all bathed in its glory.

No-one was hindered in his experiences and all knowledge and truth was available according to individual desire. All were unhampered by their physical form and expressed individuality while experiencing the oneness of life.

Lemuria (2)

Lemuria was a land where the human spirit reigned supreme. it was built in truth and light and nowhere so radiant as the towers that reached to the heights. Their peaks were lights and colours of magnificence, each glowing from within and sending out a vibration of power to nourish the Earth and harmonise it with all the realms.

These feet of clay are so hard to reconcile with those light means of transport. I yearn for that vibration once more so I may feel my direction and receive instructions. I yearn for contact through the ever-watchful eye of light as once I did so naturally with trust.

In that fair land of Lemuria all was so natural. Contact and rapport was natural. Understanding my part in creation was natural. Never did I yearn to do anything other than express what was in my heart and receive loving instruction.

I know I still receive the love and watchful care as ever but now it is tinged with sadness for what mankind has come to. I cannot help but compare my beloved land of Lemuria with the lands of these latter days.

In the towers that reached to the heights in points were lights and colours of magnificence. Each tower glowed within with iridescent colour that sent out vibrations to balance the Earth. These towers of colour were storehouses of the energy that was used in communication. Through these beams of light did ascend and descend those sons and daughters by descent according to the realm their movement was directed to and from.

Purity of thought within those who lived in this fair land helped manifest the lights required for this task allowing for free movement of thought and beings between all the realms of colour. I went to these towers of colour many times for there I felt and learnt of the material planes. Contact then was so

easy, for energy flowed freely between all who lived in all the realms.

This contact I must learn again. Within my mind is the only place I can find the colours of these towers. Within my mind is the only place I can find the ever-watchful eye. Within my mind is the only place I can recall what I once knew and participated in.

I see, I feel and I know that the knowledge of these beautiful towers of light can bring to me all I need for my work in these latter days. I know I am guided in the rediscovery of how to use the vibrations within those marble towers, for these are the lights that teach, heal and bring love and understanding.

Lemuria (3)

Man understands so little of what is his reality. He does not remember to times long gone when he lived in splendour and he has no foresight to what is ahead. He lives totally in the present not even understanding that he built his present in times gone by, and in his present he is building his future.

In spite of lives, in spite of karma and in spite of man's search for understanding what is meant to take place upon this planet Earth from the first moment of her conception will take place. Mankind has a destiny, a destiny that will take place. As man lived upon the Earth in the beginning of time in accordance with the Plan of Creation, so he will again, for that is his destiny. Whatever has taken place and will take place upon the Earth between what was ordained and its final culmination will have no effect upon the plan of the Creator. Man has only made his path of destiny that much more tortuous and that much more difficult.

When I cast my mind back to those early days of Lemuria, that flower of cities, I am looking back to the original plan of man's evolution. As I develop an understanding about life

within myself I am developing an understanding of life upon the Earth now.

Lemuria stood so graceful and serene, a flower of beauty nestled in the sweeping hills that reached up to the realms of light. She reached out across fertile plains where grew all the grasses and seeds required for life. The air of Lemuria and the Earth was clear and cool and upon the air was carried all that was needed to maintain life. In these early days of Lemuria man was so happy in his work and in his development. His city was beautiful. He was beautiful and his relationship with all life was beautiful.

I reach for a memory, a memory of how I felt in that spiritual coat of skin. I know that I dwelt as do those sons of the Silver Reign and I know that I may return to being so. I look for the love vibration to flow through my veins as once it pulsed through my whole being. I know that I was able to reach all realms using this vibration, and aid in the work of creation.

Those of the Silver Reign are aides in truth and even now they work but not as once they did, for now their task is one of purification where once it was of construction. I recall how we entered Lemuria from the realms of light through the power of those towers. I recall how thrilled we were to see the progress in the Flower City. We traversed all the realms of the gross material planes but in Lemuria we worked to our full potential to bring to those who lived there an understanding that those of the planes beyond were even finer and lighter than those of the Earth.

In Lemuria there was peace and harmony as all sought to develop the spirit within, as man has ever had to do. It was not hard then, for the mind of the physical house to not block and distort the teachings of truth. Guidance was required to increase awareness and understanding but the spiritual mind was in control.

I long to communicate as I did then. I knew, I understood and I travelled by thought, always with love within me. All life in Lemuria was, for me, an act of love. Now on Earth I see about me life dictated by thoughts other than love. I cry in despair at the desolation this has brought to those who acknowledge such thoughts.

I speak of love and how it may direct the course of people's lives. I speak of Lemuria so people may understand that once again they may be as they were so long ago in the cities of the flowers, those cities of Lemuria.

I see Lemuria standing tall and erect, bathed in a glowing white light. I see the colours within the towers radiate out as pulses into the ethers. I know the travellers dwell within. I remember how we communicated, the travellers of the Silver Light and those who dwelt in Lemuria. All shared knowledge and love with each other.

I see Lemuria standing still and serene, glowing with the white pearl light yet not a shadow was cast from this light that emanated from the cities of the skies. I recall these colours and they fill my heart with love for mankind. I know that man who dwells upon the Earth now is the same life that dwelt in Lemuria in beauty. He just doesn't realise that this is so and will be so once again.

Lemuria (4)

In days long gone we lived among the hills, and upon these hills we walked in groups, using the language and style ordained by the day. In these hills we received our instructions that covered everything required for our spiritual growth.

The plan of creation upon the Earth to develop required the loving service of all. Then, as now, souls were taught to teach and so knowledge was passed on from the Divine down.

What was taught in the sacred groves on the sacred hills of Lemuria was taught to all souls upon the Earth as they became attuned to the required vibration. Then, as now, for all souls who earnestly yearn for a teacher, a teacher was provided. So it is now. As souls yearn to be taught, they will receive guidance and teachings.

I remember the glorious at-one-ment with all when I lived among the sacred hills. I remember life's unfoldment and joy at knowing I bathed in light. I remember the love vibration coursing through my being when I looked down upon the sacred city nestled in Eden. As I gazed down, I felt such a presence beside me and I knew love and trust.

How can I express what I felt when I gazed down upon those fair cities? How can I express what I know, gleaned from among the sacred hills? How can I tell of all I understand when those who would read of it could profane what I write.

I know that when I stand in the light no-one who is not of this vibration can come near me. No-one who is not of this vibration can touch me. I seek to raise myself to this vibration once more but it is so hard, for although I know, my body is weak. Although I understand, my mind is slow. Although I love, my emotions are tenuous.

I strive towards this vibration which quickens the soul that houses the spirit. The spirit that dwelt in days long gone will once more revitalise one small corner of this globe as in Lemuria. The teachings of those sacred hills will sound out as in Lemuria, from Lemuria once more, for I will rebuild Lemuria in my heart, in my mind and in my soul.

I seek to

bring to the people of time an understanding of life beyond the grave.

bring to the people an understanding of the spirit within that is expressed through the soul.

I seek to

bring to the people an understanding that all those who live upon the Earth are connected to each other by their lights, and by their lights are connected to the Great Spirit.

bring to the people of time an understanding of their destiny upon the Earth, and its path of evolvement as a purification process leading to a destiny greater than that upon the Earth.

Lemuria (5)

Through understanding life in the early days, when man came to the Earth through Lemuria, man can understand life upon the Earth today. The teachings of the Great Spirit have always been given so man can lift himself ever higher in spiritual awareness and understanding and eventually take his rightful place in Paradise.

This still holds good to this day. Nothing has changed. All that was ordained from the beginning of time is ordained still. Now man is once more ready to receive and understand those early teachings of the Great Spirit. Once more he is seeking within himself to discover and recognise the life within that attaches him to a future beyond this Earth.

All truths that were taught and understood by those upon the Earth in those days of righteousness and beauty may be understood in these latter days by those of righteousness and beauty. To those souls who seek to know what was and will be once more I dedicate this memory of life in Lemuria, that City of Flowers, that unfoldment of wonder, that joy of life.

I know I was not destined to go through life always alone. I realise that loneliness is born of the Earth so my spirit reaches out once more for these teachings to fulfill me.

In that time I was fulfilled, entering a new realm, a new land, complete but not on all levels. I know that alone I am incomplete but how can I harmonise while in the physical body?

Man is born of the spirit. In his journey through time he is not strong enough to work alone. His journey is aimed towards development of the consciousness of his spirit within. This leads to fulfilment.

The path is long and at times is arduous. To be incomplete in knowledge and oneness with his beloved causes man to strive that much more in seeking reunion. Aloneness may only be fulfilled by a completed destiny.

Fulfilment comes when at-one-ment with the beloved is achieved. As man journeys onward his beloved reaches out with encouragement to learn and progress in truth and so complete their destiny.

Total unselfishness and total love is important for the task. No longer may individuality shine. When man calls out to the Great Spirit he discovers he is not alone. This reveals who he is. All comes about in time, but first a lifetime's work.

I see now how I may drive myself on towards my goals. To await the beloved is urgency enough but I know I may recognise myself as I was in times gone by when I lived in light in Lemuria, where the colours of pearl and alabaster did gleam, glow and merge with all the heavenly hues. In these colours everyone's thoughts merged and I was in at-one-ment as I may be once more.

I recall that bliss of fulfillment and I know it is not far off now.

Many times I do encounter it, but often not here.

Many times I do hear it, but often not here.

Many times I do feel it, but often not here.

I know that the *I am* is buried within the *me* and so I seek to release the *I am* and live as I am destined to live, for love, and with love, together with my beloved.

What is love? Do we not all search for love? In the searching are we asking to receive love or are we asking to give it?

At the time of puberty an intense energy emerges. We are capable of anything. We are immortal. Our idealistic visions of love, in all its purity, can achieve great good in the world. We can change the world.

This idealistic love is not possessive. It does not recognise dependency or ownership. It is a quality that is selfless and only gives. It only wants what is good for the other person. Would that all people maintain this beautiful, spiritual idealistic view of a love relationship, not to be confused with sex.

Love fills me to capacity but it is not static. It is a movement that thunders through the universe. Because I am in the universe, it comes to me and through me, bringing certainty that I can only know aspects of love on Earth in this lifetime.

Love can be found everywhere and this gives me hope for the future. I can see why faith, hope and love are linked. Each time I give love I learn more about it. Each time I receive love I learn more about it.

Love

It is beauty, joy and happiness to truly love another, for in your loving does not one expand the mind, the heart and the soul?

Does not the body refine itself and sing its own joyous song? Was not love the cause of creation?

To love is to touch the heavenly music and hear the heavenly choirs. Through love, does not man create a new world to live in so that all that touches a man who loves also receives that beautiful regeneration?

When man truly loves he loves without reservation. He knows only forgiveness and appreciation of all that is around him. All life glows with beauty, as does he himself. He knows nothing of evil for he cannot accept it when his mind and heart is filled with loving.

The world benefits from one who loves for his heart overflows to encompass all who live upon the Earth. Every flower, every bird, every insect joins in his song and follows him everywhere. No harm can come to him, for no evil can touch him. He only recognises love and he glows with its life.

He cannot focus on the material alone for his soul lifts and his spirit soars above the material with all its pain and suffering.

As he looks down he sees those who do not recognise love and he feels the pain of their remission. He feels the sorrow created by their emptiness. In his compassion he seeks to overflow his abundance upon their heads but they know it not, for as they gaze into the eyes of the lover they recognise love not.

They watch as the lover soars above them reaching new and beautiful heights.

And they see it not for their thoughts stay down upon the Earth with all of its grasping ways and they know not of the beloved awaiting them.

I want to ascertain the will of the Great Spirit that becomes apparent to us in our ordinary lives. I want to receive and speak in ordinary simple language.

I have been told that I will never know war which made me exceedingly grateful. My parents' generation experienced two major world wars.

I ask the teachers to instruct me on violence because it is a common occurrence in some people's lives. I experience a vision in which I am a fifteen-year-old Jewish girl being taken with her family to the transport headed for the concentration camp. We are marched along the coast in France to the railway station in the early evening. In the confusion I run away and hide on the beach against the concrete seawall, from where I watch events.

This vision gives me life-threatening fear. I experience loss of loved ones, despair and abject loneliness. I experience gnawing hunger and pain as I watch the violence of one human being to another. I sink into weakness and hopelessness. When I am recaptured I know that events are beyond my control and all I can do is endure. I have no future only this nightmare present.

From time to time I am taught in this way about experiences my life does not give me. I learn compassion for all human beings and am forever grateful that I have been born into this beautiful, peaceful country.

I am independent and I rely upon myself. It is not easy to find people to trust yet I implicitly trust these spiritual teachers who have my best interests at heart.

Trust

Once again we stand on the threshold of a New Age. Into this age step those of enlightenment from the Earth's remote past. These souls bring understandings for people on the Earth

today to help them through difficult times ahead; that they may look deep into their souls and find the key to who they are. You do not have to be bound to the Earth. Your soul may develop beyond its emotional level. Experience all the Earth's ways then leave them far behind.

Your sorrow will lead you to me as will your joy and your love. Whatever path you tread your goal is with me and I will wait. Do you stand alone, strong and sure, knowing only *I am that I am* or are you still dependent upon another? Do you accept your path with all its sorrows and joys and still stand firm in your knowledge of your destiny? Are you prepared to be humbled in the name of the Great Spirit?

I stand beside you as I did in times long gone. I send you all the love and strength you can contain to help you overcome the difficulties of material life. If you could see the magnificence of your spirit you would cast aside all of the material concerns so easily and the appetites of physical life would become meaningless.

I am always at your side, but do you listen?
I am always at your side, but do you see?
I am always at your side, but do you understand?

I require acceptance of my direction. I require trust in my wisdom and judgment and I require love; love to feed yourself and all who enter your influence. To love in truth and purity is to love as does the Great Spirit, with compassion and understanding. Lift your mind above the Earthly sorrows and allow yourself to receive spiritual nourishment. Your Earthly sorrows are necessary for your growth for you must come to me cleansed from the fires of purification, cleansed from the waters of peace cleansed from the breath of life's knowledge and cleansed of Earthly anchors.

Enter all experiences of life with a heart full of love no matter the sorrows then I may console you and bring you joy. When you are cleansed you will be free to enter spirit communication with me as once you did in times long ago. I stood beside you then as I do now. I gave you all you required then as I do now.

I do see and I do hear but my heart lies heavy for I often feel unworthy.

Do you not know that all you experience I have experienced? Do you not know that I too have entered the Earthly realms? Even as I came to the Earth I did not come alone so I know you cannot work alone. I too felt all the pain and sorrow so I know you require another to work with. I did say to you that it would take all your strength and love to attain that state of growth that would enable your work to begin. For this you help each other so none is left behind, each able to handle all lessons.

How do I overcome the feelings of inadequacy that burn through my mind?

How do I overcome the doubts of love's strength?

How do I grow in sureness and love?

Call out to me and I will come. You will feel my strength and my love and then you will feel strong within. You will feel trust for you will not know what strength is mine and what strength is yours. You will not know what love is mine and what love is yours for we will be in at-one-ment. When you feel filled with strength and love you will no longer feel inadequate. Remember, human love is but a reflection of spiritual love so see human love as a mirror of the spirit and you will meet your beloved in truth.

Thank you for your love and your strength. I know that with them I will be all that you require, but alone I am nothing. You are my strength. You are love and this I seek to become so others who live upon the Earth may find you through your light shining through me. Then I may light their way.

I reflect on the time when I am three years old looking at the glass photographic negatives high on a shelf above me. At that time I believe the old photographs can help me understand who I am, where I come from and why I am here. My mind in these early years is little different from my mind as an adult. The only difference then is that I have no experience of the world or people beyond family.

That Which You Are - Self Identity

I look in the mirror to see who I am, but the face that looks back does not tell me the story of my life from the beginning of time to the end of time, from before time to after time. All it shows is a reflection of how I feel in that moment. Even that look may fool because the face that is mirrored can be taught not to show what is within.

What do I think when I look in the mirror and see a stranger looking back? I look and wonder how I can find who I am and why I am upon the Earth. I look for guidance and support.

When you look in the mirror, look into the eyes as though looking into the ever-watchful eye of the universe. Go through this eye. Go deep within to find the inner expression. As you drift into this place that displaces time you can feel and see things within you may never have felt or seen before. You may only know yourself by your relationship to all that is about you. See yourself as a part of some whole, yet living separately.

Man today has been taught that he is an individual, unique and special. He has been taught that his path through life is different and separate from others, and he must be strong, able to walk alone. This is called independence. But has he been taught how to do this? Has he been taught how to be strong and how to be separate from others yet still feel complete?

When you mirror your life force upon the material world you only recognise that part of your life force functioning on the material level. You leave untapped all that may function on higher and more beautiful levels. When you see and recognise sorrow and pain in another, the same sorrow and pain is within yourself. It mirrors your own life force, telling you how you are expressing yourself.

When you mirror your life force on the intellect you only see what you do and are capable of on a mental level. The same goes for focusing on the spiritual aspects of life. This is the cause of loss of self-identity. Man is part of one heartbeat, that of the universe. He is part of one pulse, that of universal life. He is part of one spirit, that of the Great Spirit. He is part of one creation. He is incomplete when alone and individual and he cannot function in harmony and peace when he seeks his destiny alone.

To understand who you are you have to find what binds you to the universal life force of which you are a part. You may recognise your inner being in those of your race. You may see in others a mirror of yourself. What you see and recognise in others tells you who you are and so you know you are alive. All emotions and reactions you have towards others mirror the life within yourself and this tells you daily what you are and what you are not.

What I am trying to portray is that when you mirror your life force upon the highest possible level you mirror the highest

you are capable of being. When you see and recognise all you are capable of being you see and recognise the spiritual light that has shone within you since before the beginning of time.

Only then can you see the spiritual light functioning and shining in those around you who are also mirroring that vibration. All else fades into insignificance.

In this way you can see who you are in completion and how you are related to all other human beings. You see how each person chooses thoughts, words and deeds to mirror and reflect who they are. Because of this all people are affected by each other in some way.

All are of the Great Spirit. All need each other's help to understand the pathway back to light and achieve at-one-ement with all spirit as originally intended. None may be left behind wandering in the dark. Each may light the way for others so all may return home as one being, as one light, as one.

In my vision I see a circular temple supported by twenty-four pillars. The temple has a sunken auditorium for lectures and meetings. Above the auditorium is a wide circular walkway with rooms branching off. Like the edifices and courtyards in Lemuria the temple is built of marble and alabaster and has the same iridescent glow of beautiful simplicity. When I see this temple, I am home.

I have received much about the Temple of Truth but as with all teachings there are many layers of understanding as shown in parables. Those who are of a material bent relate what they see and hear literally to physical life. For example the Garden of Eden man was thrown out of must be upon Earth. Those with further understanding relate what they see and hear to a soul level. For example the Garden of Eden is a memory of life lived in a paradisiacal way. Those with a deeper spiritual awareness

relate what they see and hear to a life that embodies both the worlds of spirit and physical life. For example the Garden of Eden is in a spiritual world that is inhabited by the spirit of man who must remain worthy of living its life.

The human body can also be seen as the temple of the soul. Our job is to rebuild this temple in health so that the spirit within may glorify its existence. This is our life's work and it begins with our thoughts.

The Temple of Truth is built within first. When enough people do so the possibility of its physical manifestation follows. We have to build good health through purification and for a physical Temple of Truth to realise, the environment of the Earth has to be purified.

The Temple of Truth is an edifice that is a reflection of a Spiritual Temple of Truth already in existence in other worlds, in some place beyond our evolution at this time. Truth builds from its source and we have to reach out to this source to know of its existence. Upon the Earth a Temple of Truth may be built again one day. Marble and alabaster are symbols of purity and our physical minds need to become so.

We have a relationship with the future of life on Earth because our presence at this time influences people and events and these influences have outcomes. With our thoughts and actions we are contributing to what is happening upon the Earth now and with them we are building the future of Earth.

A teaching about the Temple of Truth is a directive for man through all generations. It is an aspect of what is available on his journey of evolvement from physical Earth which takes more than this one life being lived now.

I am inspired to find a path to increasing good health because it is part of the purification process. I want to be as pure as possible and as strong and sensitive as I need to be to

hear the spiritual understandings I seek. The hardest thing is to control desire, especially when it is for sweet things.

Dawn of a New Life

One day when I wake my heart will be filled with love and joy. My steps will be light for it will be as though I am not in contact with the Earth. On such a day I know I will be entering the temple.

I will call on all the angels and seraphim and together we will enter our new sanctuary, new to this Age, but a reminder to me of those times in the past. As I enter through the doors I will remember the knowledge and contact I had and I will be so proud to hear these words again.

You stand tall and proud in my temple; tall because your spirit is tall and proud because there is pride in my service. The path on Earth is not easy. There are many hardships and many moments of sorrow but I am here to guide you through these times.

When you call out and I do not respond to your call, do not feel I have deserted you. Remember I have promised to always be with you. You stand in my temple again and hear my voice. You walk through every room and feel my presence.

My love surrounds you, bathes you and keeps you protected. None may defile my temple for it is of my nature. None may harm any of my family in the temple for each is of my nature. You stand in my temple as strong as the temple itself.

When you enter my temple you are my family. Together we cleanse it of any material vibration and breathe love into it. Together we renew ourselves with the ancient truths given in a joyous message. Here you encounter such beauty and spiritual love that it projects you into your future.

From this time forward your life is totally changed. You live in light and for light. From here you will work as never before. Until this day comes seek within to learn of my truth.

Seek within to find peace and harmony. That is your strength. Seek to know yourself. Seek to grow. Seek to love. Seek to trust in my wisdom, my timing and my teaching of you for I know what you require and when you need it.

Always hold peace within your heart and remember,

You are spirit.

I have a week free of commitments with friends and family. Prior to this week the teachers bring to my attention a complex situation I have not thought about, but need to deal with. They tell me I can have a meeting on Wednesday when usually it is only possible on a Monday. I am given a detailed solution that later becomes possible.

In important situations when I need to take action I am given such details. The required action scares me but looking back the help I am given is always for the best. They must care so much, but it also means I have to increase my courage.

I am being asked to think seriously about what I want to do, what I can and what I cannot do. My choices produce consequences because the Wheels of Justice turn inexorably. As I sow, I reap. I cannot ask questions frivolously because when a question from the depths of my heart seeks an answer I need to be prepared for whatever it is.

Acceptance

You stand before the Altar of the Lord. You feel all that emanates from such exaltation and you ask once more,

What is required of me? I say Acceptance.

All that is now given to you is for you to forge the next link in the chain of events in your life. The learning of *acceptance* leads you to the Altar of the Lord.

In your sorrow your steel will be tempered.
In your love your spirit will grow.
In your joy your awareness will expand.
In your tears your heart will be cleansed.
In your experience you will move closer to the Altar of the Lord.
All the measure of your sorrow must be felt.
All the measure of your love must be expressed.
All the measure of your joy must be shared.
All the measure of your tears must be shed.

In the giving of your measure you empty your cup of Earthly love, tears, sorrow and joy and you learn acceptance.

In times past did you not hold back a portion of yourself to keep you safe from the grip of love and sorrow? Did you not hold to yourself a few of your tears of pain to alleviate the hurt? Did you not withhold a portion of your joy to protect yourself from surrender? Will you do this once again?

Can you be strong and still accept what life brings to you?
Will your strength sustain you through times of sorrows as well as times of joy?
Will you love no matter how little you appear to gain for yourself?
Will your strength remain when you are alone and afraid?
Will your purpose to serve continue when you are loved and fulfilled?
Will you move on, strong and accepting, when filled with doubt and your cup is empty?

Only by so doing may your cup be filled once more.

Give your love wings and give it to all who have life.

Give your sorrow acknowledgement and through acceptance

allow it to depart.

Give your tears time to flow and wash your cup with them.

Give your joy to all around you and I will stand beside you

in the emptied vessel of your life.

I will pour love upon your acceptance and lend strength to your soul.

Love truly given encircles life and returns strengthened fourfold by all who encounter its truth.

Joy that is shared lifts hearts and meets love on its journey, adding to its quality.

Tears all spent wash the souls of those looking towards you.

Sorrow expended leads to an awakening path.

You come to the Altar of the Lord when the heart is pure, the soul is strong and the spirit is dignified. You receive all you need for your tasks when you give freely all that you have and your cup is emptied. You then discover more is required. In your life give *all* you have, render it perfect, and I will teach you.

Pamela is in our group and I go away with her for a weekend to the country. We are settling down to sleep in our respective rooms when I see my right hand glowing. The index finger is numb and glowing gold. It radiates a golden cord out of my room into Pamela's room. I shout for her to come and see and she and I lie in bed looking at this phenomenon. If she has not seen this I will think it is my imagination.

I have never been told what it means, but it could have something to do with my Traditional Chinese Treatment of Tik Dah and Acupuncture, because I can feel and direct qi. I never

ask for evidence of spiritual capabilities but at times I am given corroborated proof.

Spirit comes from the Latin word *spiritus* meaning breath. In this context the Breath of Life emanating from the creator, creates and maintains life with all its capabilities; all that is understood and all that is not understood.

Breath of Life

To you comes all that is required for your life upon Earth.

How do I receive what you give me?

Everything you receive comes through the Breath of Life.

What is the Breath of Life?

The Breath of Life is the source of all that was, that is and will be for all eternity. You receive what you need for your life on Earth from the Breath of Life, including the spiritual contact that gives you what you are prepared to receive.

What are you prepared to receive? Have you trained your body yet to house the spiritual capacity that can move mountains or if such a breath is breathed into you will it destroy you? Can you feel the breath of life flowing through your system, recharging and revitalising every organ and every cell? Have you transformed the physical into the highest spiritual expression you are capable of?

Have you prepared your mind to receive the breath of life? Are you in control of your thoughts, words and actions? Are you able to uplift your thoughts at will to receive spiritual communication that must pass through your mind to be recognised? How sure are you of your spiritual contact?

Are you spiritually mindful in your Earth life? Are you aware of your destiny and what part this life plays in the destiny of all humanity? Are you fulfilled in what you do? Can you recognise the spiritual life in all with whom you have contact? Do you recognise and accept spiritual vibrations

from the teachers and can you sustain their vibration knowing how to use it?

To receive the breath of life and all it entails calls for serious and disciplined training, for to house the breath, your body, mind and soul need to work together harmoniously.

Your nourishment is prayer. Your growth is its effect.

The breath of life created the universe in all its magnificence. The laws of nature are but a faint reflection of the breath.

The energy in the cosmos is but a faint reflection of the breath.

The magnificent structure of all life is but a faint reflection of the breath.

The breath is but a faint reflection of the vastness, magnificence and splendour of the Creator.

You are a reflection of the breath for through it you come, and through it comes everything you need to sustain your life.

With every breath you take, feel life entering to nourish your body, mind and soul. Hear its sound as it courses through you. Feel its regeneration as it rebuilds you. Train yourself to use the breath of life to support you.

Feel the love in every breath you take for the breath carries the vibration of spiritual love to nourish and support you so you may gain ascendency over the appeal of material life.

During my teenage years I have a fiery horse I have to gallop each day in the spring because she gets spring fever. As I gallop along the beach I soar as though carried by the wind; unaffected by anything or anyone on Earth. This feeling returns when I receive spiritual communication for it is joyous.

My Destiny

I look beyond the blue skies to see above the clouds for I cannot truly be fulfilled while I live upon this land. Fulfilment requires a memory of places where this was so, where the physical body did not weigh me down, where the ways of man did not forbid my expression and where the fetters of the conscious mind did not shackle my spiritual mind. When I am on the Earth my memories of these places become distorted.

I escape through the mists to where only those of peaceful ways live and I am welcomed. Here I express that part of me that is buried when I live upon the Earth. Here I soar like a bird that is free and my heart is filled with peace and acceptance of what is and what must be. I want to learn to be who I truly am as when I am not here. I want to live as I planned to live before I came to this place. How do I recognise my path? How do I set the course that will lead me to a destiny beyond this Earth?

When you look to the skies and see the clouds drifting lazily you see a mirror of yourself living upon the Earth. The motion of the clouds is a mirror of your ability to move and function while in the physical body. Always you are restricted by what is around you, your mind, your body and your relationships. The only part of you that is unrestricted is your spirit, housed within your immortal soul.

When you call me I will send you your answers through the murmurings of your soul and you will know your course. Whether the course is difficult or easy you will know the correct direction for only with the correct direction will come my vibration of love. I promise you that when you choose your path wisely you will feel my love and know you are not alone. I promise you that my love will come in many forms and you will recognise it in those who share your path for a time.

I promise you that along your path you will meet your beloved and share a step. In the sharing of this step you will encounter a peace and harmony that will see you through the patches of turmoil and difficulty that follow, but always you must move on.

The seam of gold within you, the treasure of your love runs through all the factions of your life. Let a sincere and loving heart rule all that you do. When the thread of gold rules a balance is achieved. Each part of your life and each relationship requires a certain kind of love. When you face all in your life in this way the face of the required love will manifest.

Do I read correctly what is in my heart for I do not wish to delay my progress towards fulfilment?

Your yearning is felt. Your sincerity is understood. What is in your heart is what you are so how can it be judged incorrectly? What you are can never be hidden. All the resolves of your mind can never mask the striving of your soul towards its fulfilment.

I am confused because I am being pulled in two directions. The social and material expectations of others are not harmonious with my inner values and learning. My true direction can only come from within and I am aided by those with more wisdom than I.

Balance

How do I balance my life and relationships without being pulled in many directions?

No person, no relationship and no task require the same love and conditions. Each is unique and the requirements of each vary. The Great Spirit is all loving and all knowing. You are

given what you need. This is how the balance in your life is achieved. Do you think I do not see and understand the difficulties you face?

In early times when men and women entered the Earth they entered as mature and beautiful spirits. Their time on the Earth was spent as an experience of life while maintaining and developing spiritual awareness. Evolved spirits also entered the realm to guide them to a full awareness of all life's revelations and to train teachers.

The history if the human being shows an evolvement in a manner unforeseen. Men and women became more reliant upon the teachers for guidance. When left alone, they tended to crumble under the tests and trials of material life.

How could I let my children be reduced to such weakness? I have ever sent my sons and daughters to the Earth to teach and guide. I have so often built my temple of truth as a safe harbour for those who cannot find contact with me within themselves.

In all you do, do with love. In all you face, face with love. To those with whom you communicate, communicate with love. Build the love vibration around you. In this way you balance your life for then only those who require a portion of my love will be able to come close to you, able to receive their measure.

Do not try to proportion this measure. Each soul in your life will be content with that measure which is justly proportioned according to his growth. Your measure of love comes according to what you may receive, not according to what you give, although one does affect the other. Give generously to all and you will find it is no demand upon you. I will provide and always you will receive your own measure, for my love for all is boundless.

The Brotherhood of Man inspires us to care for others and so we grow and progress. We do not have to tell others how to live their lives, but by providing hope and promoting self-confidence we give tools that allow people to recognise opportunities for a future they can build themselves.

I never own a teaching job but do relief teaching because I do not want to remain in one school. I have an affinity with a kind and gentle headmaster who often visits me at home when I am not teaching.

Just before he is due to retire I have a vision, accompanied by a strong feeling of sadness. He is in hospital with an oximeter attached to his little finger when normally it is attached to the forefinger. Sadly, three months later he has a heart attack and dies in hospital.

At the time I cannot understand why the little finger. It becomes clear years later with my knowledge of Traditional Chinese Acupuncture for the Heart Meridian ends on the little finger. It is a warning I cannot recognise because of my lack of knowledge.

I never forget this. The more I learn, the wider my vocabulary, the greater my understanding of life and the fewer my beliefs, the better I can receive and communicate.

Man upon the Earth Today

Upon the Earth animal life houses a soul within its material frame. This soul gives it life. Without it the material house is a useless, dead thing. In humanity it is the spirit within that gives the physical house life. The spirit makes the physical body beautiful and it expresses its qualities through every possible avenue. The road to its full expression is long and arduous. It takes determination, control, discipline, love and a readiness to dedicate life to this task.

Human behavior is the most unpredictable of all the species upon the Earth. Man in these times is ruled by the uncontrolled passions of material life. While he is governed by these passions of lust, greed and selfishness his path is leading him towards annihilation. At this time humanity is divided in two factions, those who seek truth and progress and those who seek material progress leading to wealth and power. Within these two factions are those who have goals but never achieve them because their efforts are nil and they do not truly yearn. At some stage they will have to make a committed choice.

Over long periods of time many have been weakened. Their willpower has eroded so much that the first obstacle presenting itself destroys their goals and annihilates any commitment to growth. At every experience they either progress, strengthened, or regress, weakened. Either way the lessons continue, as they must, for they have now become part of life upon the Earth, man himself having generated their need.

The picture painted is not so black. Although man is in a weakened state many enlightened souls are entering the physical realms to bring truth and hope to people. With love and encouragement the weak *can* be taught to be strong, the hateful *can* be taught to love and the selfish *can* be taught to give. Opportunities are given to all who have not totally closed their eyes or blocked their ears.

I would not leave humanity floundering upon the Earth without a light to lead them out of the darkness.

The way is being prepared. Simple truth can bring life upon the Earth back to how it was originally intended. This *will* take place, whether it is through the unceasing efforts of those in

the light or whether it is through those of the darker realms leading others to destruction and misery. Either way, the Earth's harmony will be restored. No longer may this beautiful Earth be taken down the road to annihilation.

Look deeply within. Step away from a material perception of life and live by the laws of the universe in health. Let love strengthen your yearning soul. The hurdles of material life are nothing when you hold your spiritual goal before you. When you see only this goal, no matter how you are living your material life, you find the strength within to achieve. Be determined. Your heart is strong when it is filled with love. It allows no room for weakness, only strength and determination.

Remember,

At all times love radiates from the Divine down. The vibration of love can strengthen you and vanquish all obstacles on your path. It is a gentle power but also the strongest in all creation. Never at any time underestimate the power of love.

Love is supreme so bring this message to the people.

Jesus is also an understanding. Jesus is the Latinised Greek form of Joshua who is the son of Nun. Nun is the letter N in Hebrew and means fish; life germ. This is the origin of the religion of the fishermen. Jesus mirrors a path men and women can travel to achieve enlightenment. In the garden of Gethsemane, before he begins his ministry, as a man, he prays. Like us all he asks for guidance, strength and courage to face what lies ahead on the path he has built.

What is our path? What is a spiritual path?

Each of us has two paths and every minute of every day we choose which path to walk, alternating between the two and changing our direction with every thought and action. One path leads to the ultimate evil and final disintegration of the soul and individual spiritual consciousness, and the other leads to spiritual at-one-ment with the source of life.

Our path for good has purpose and this becomes clear at some stage in life. First, we learn good thinking and good actions that enable the desire of our hearts to manifest.

One person may be creative and exhibit this ability by building a beautiful corner of the world; a place where those who visit can find peace and harmony. Another person may physically work to help the poor and suffering in another part of the world. Another may become an educator and inspire others to achieve the best they can.

Some people need a quiet life. Others need a busy life. The path of each is individual and is built according to desire. All can stray from the path of good they build with their thoughts and actions to a path of equal intensity for the opposite.

The educator may teach others a path of crime or violence. The missionary may live for his own selfish desires. The creator may destroy and ruin all he touches. We learn through the lives we have been given and they are built with small steps, each step taken in one of these two directions. We have good times and we have difficult times and experience of both lets us know which is ahead at the turning of the wheel. I ask for strength, and self-confidence so I can accept what the wheel of life brings me.

Gethsemane Prayer

Udraka said to the master that the time had come for him to go into the world to initiate his ministry. The master bowed his head and said,

“I entered this world to undertake this ministry but I cannot do it alone. I need guidance and I need love. When I am alone I am bereft of the contact that is my link to knowledge of what must be. Alone I am only a man without the inspiration I need to guide me.

“When I feel strong nothing upon the Earth, no trials and no difficulties can overcome me. When I feel strong I know all that happens to me cannot touch my spirit which can soar above all that takes place without fear. My spirit reigns supreme and I can control myself.

“My training has guided me but now I need a blessing. In this time before my ministry begins my doubts have surfaced. Although my spirit is strong I can feel what lies ahead and it is all so much.

“Together we planned. Together we strived so I may bring to the people of Earth all they need to step once more into the light. This same light is what gives me strength, guidance, peace and love.

“I feel alone, for my thoughts are of the world and what it will do to me. This saddens my soul. Although my spirit is strong, because my mind is receiving these thoughts of the world they are penetrating to my core. Because of this I am weakened and am drawn down into the ways of the world causing my thoughts to plummet.

“When I see the world from the physical vantage I see it as do those who live here. I feel their anger and heartache and this is new to me. With the light I know of the physical reality but I am not of it.

“I ask for the light as I begin my ministry. I ask for strength so I may be firm in my resolution and put to good use all the training I have received. Most of all I ask for love, for with this I can achieve all that I must.”

When I am a young child I am woken one night by a voice telling me there is a fire next door and to wake my parents. The leaves the neighbour has been burning have caught fire again. I would often lie in bed and see and hear people talking to me, so being woken and told this does not worry me.

I would see people and events as though looking through a highly magnified telescope but sometimes I would see and hear people and events in the distance as though the telescope had been turned around the other way. My parents tell me what I heard was only a dream so I decide not to have my telescope visions again and I never do.

They seem symbolic of two different methods of achieving spiritual communication; one looking outward from within and one looking further within.

Receiving visions and information from unseen worlds is through mediumship yet I have never perceived receiving teachings as mediumship. I ask for mediumship to be defined because I perceive it to carry a colossal responsibility to represent truth.

Communication and Mediumship

You ask how communication can take place between those upon the Earth and those in the higher realms of spirit.

Many upon the Earth seek to find a deeper meaning to life. They search in many directions and take up many endeavours. They go to others for advice and they take upon themselves a particular path of *development*.

For many years this path of development has been confused by those who profess to be mediums and teachers of spiritual truth. You cannot easily find a teacher of spiritual truth because many are involved in psychic and occult fields. Desire and ambition to progress can reflect ego and a need to achieve importance in an otherwise uneventful life. When they

feel they have achieved their goal they seek to pass on their method of obtaining the result.

Spiritual teachers choose their pupils, not the other way around.

The desire for truth that comes from the soul of the neophyte is the yearning of the spirit within that leads him to his goal. This is not to be confused with desires and wills of the conscious mind which reflect the material world.

Development often uses the material conscious mind. The psychic links into other minds, giving out what is easily read. They are brought together by the Law of Attraction and all of a higher vibration is repulsed. The particular desire and vibration of the psychic attracts students of a similar vibration who learn in the same manner.

In this scenario the student's development is rapid. He learns to use thoughts and is able to attract at will what is required from the minds of others upon the Earth and on planes closely associated with the Earth. In most cases very little, if any, spiritual contact is made.

There are psychic mediums who make an etheric spiritual contact. This vibratory level fulfills their own desires and thoughts to produce and be seen to have positive unassailable proof of spiritual survival in the eyes of others and so make a name for themselves as being *good* mediums.

There is a third group of psychic mediums who genuinely seek to develop spiritual contact through love. Their intentions are well-meaning but I ask you, *For what purpose?* When their desires involve *self,* even though they are setting up communication with spirit, I ask you, *What spirit? To what purpose?* When *self* is involved spirit contact is still at the physical and lower etheric level.

Look deep into your soul and discover your purpose for development. Ask yourself why you wish to tread this path and to what use will you put what you learn.

The spiritual pathway is a pathway of love for the Great Spirit. Communication is made through the channels allocated to you. You do not bring *your* desires and will. Peace and harmony within are the keys to the achievement of at-one-ment with life and at-one-ment with the Great Spirit.

Before such a path is undertaken, teachers of truth from the spiritual realms who are allocated the task of teaching, test you in every field of life to see whether you are ready and humble enough to receive the link of truth.

The neophyte learns acceptance of his position in relation to universal laws. He learns to accept trials and tribulations he brings to himself to learn perseverance, humility, patience and tolerance. He has to prove himself worthy of receiving teachings because they have been distorted and used incorrectly and unwisely for so long. Not everyone is ready to receive them.

All *self* has to be eradicated so the neophyte can receive through a pure channel. Through this channel of light the vibration of love and spiritual understanding descends to the true and faithful neophyte. Those who develop this channel do so to teach others. The teachings light a pathway for others.

It is not easy to humbly ask to be permitted to earn the right to receive teachings. All have the right but all must earn it. When you seek in sincerity you will not be turned away. When you have love in your heart and a desire in your soul to serve you will be received with love. We all have the same goal, that of at-one-ment. This is the reason for life and all else counts for nothing.

I am in awe of the word *infinity*. It conjures up pictures of galaxies, universes, vast distances and timelessness. I am in awe of the word *creator*. It defies description. I am in awe of the word *love*. To perceive its qualities requires experiences of it. In all places, in all infinity, all who do the work of the creator do so with love and are we not privileged to receive it?

The Sentinel

When the firmament was in darkness and light was not reflected upon it, the Sentinel was there.

In the dawn of time the Sentinel stood and watched the evolvement of the Plan of Creation and was struck by the wonder and beauty of it. He could see how all the galaxies were related and he felt the creative power breathed into each atom, where darkness mirrored light and life in time began.

The Sentinel watched all unfold for it was his mission, as an emissary, to report on all that took place. He stood there and watched for aeons of time as each part of a galaxy was formed.

The beauty in matter evolving was still, to him, only a reflection of what he had seen in other realms. The swirling colours of the mists seemed to him as a cradle, for it was here that mankind would dwell, a tiny life force on a tiny planet in creation.

The Sentinel watched the galaxies and worlds form, but to him it was as in an instant, although to those who would dwell upon the Earth, such happenings would appear to take aeons of time.

The Sentinel had felt the pulse of life in many realms, yet he never ceased to wonder at the phenomenal uniqueness and beauty of each creative act. He had travelled many firmaments and had heard the sounds of creation that each emitted. It was all music to his ears, for he was aware that it was also the sound of his own life force. He could stand for

vast periods of time and never grow tired of the music of the life force, the rays of light and the power that reflected love.

To be permitted the joyful experience of watching creation unfold was a wonder indeed and even though his work isolated him from his companions the Sentinel was never alone, his work binding him to all who worked in service.

The formation of the world, the lives of all who enter the world, and the annihilation of the world are less than a moment in the infinite act of creation. The Sentinel has seen the beginning of time in all its beauty. He has stood and watched time unfold. He has stood and watched all lives upon the Earth. He has seen the final dissolution of the Earth and the rearrangement of the creative life-force. He has seen all souls from the Earth reassemble and depart these spheres and then he has departed with his report.

His task is a privilege and a joy and yet it is only one small part of what he does.

The Sentinel stands and watches all who enter the Earth. He sees how the swirling creative force is constantly aligned and realigned by the thoughts of all who live there.

He sees how far removed from understanding truth are the souls who live upon the Earth. He sees how they forget their spiritual companions and their heritage even though these spirits of light always continue to encourage and help. So few listen.

How can souls disengage themselves from their spiritual companions? This seems impossible yet they try to live as isolated individuals, forgetful of ties that can never be severed. They can be ignored. They can be disbelieved but they cannot be severed, for human life in the galaxies is united.

The Sentinel has travelled many realms. The lives of such travellers are filled with much knowledge and understanding of the myriad of creative forms, yet what they have seen and done is nothing compared with what *is*.

Spiritual heritage is more than what is seen and felt upon the Earth. Spiritual companions are not all upon the Earth. When your task upon the Earth is done and it is time to leave you travel with them again to the many spheres of influence you are bound to by your work.

The Sentinel *knows* peace of life in service and this he brings to you. It reveals all to you and through it knowledge of what you are can surface.

I have heard people talking about past lives but my mind tells me that if we were meant to know we would bring these memories with us. Such memories must be personal, only for self to remember, and surely recovery of memories has to be earned.

Memories are locked in the soul. As understanding dawns, the soul is set free from the enticements of material life and the wider picture emerges.

I work towards this but meantime I live now, in this life, with purpose, with intention.

Portrait of a Soul

She stood there so quietly and looked down a long corridor into the future of one life-time among so many. What she beheld would have daunted a soul less ambitious for the spiritual at-one-ment that was once her heritage and once her way of life. She was truly blessed by the desire to achieve in this one life all that a soul seeking unity with life dreams of.

She stood and prayed for strength to overcome all the obstacles and tests she knew she would attract in this particular life. She did take on a karmatic life to bring to herself all those qualities of light that had been eroded over several sojourns upon the Earth. As she stood and prayed other souls came to her side and stood with her to join in her prayer to the Great Spirit. They pledged to her their aid in this most difficult period so she need not stand alone but could share this difficult time with her companions and teachers.

And so this has come to pass. All she did behold at this time has taken place.

We ask on her behalf that she may cast her mind back to that time before she entered this period upon the Earth, so she may remember her resolve to restore her soul to the beauty and glory it once knew.

Indeed she may stand as a beacon of light for those spirits who are waiting to enter the Earthly realm and undertake the same karmatic life. They may look to her for an understanding of the struggles a spirit undertakes to free itself of karmatic bondage. They also ask that she may receive all the strength she requires to continue her journey towards a goal so beautiful and so enriching.

One day she will once again stand and look down that same corridor into the past of one lifetime among so many and we pray that she looks down from a realm of peace and beauty, a realm that lies beyond the river of spiritual cleansing, a realm wherein dwell those of her spiritual companions who have waited for her so long.

I attend a newly built secondary school with only four classrooms accommodating students from Form One to Form

Six. I want to study mathematics and physics but we do not have these teachers. Carol and I walk to the home of a local engineer for the basics but this does not develop into the required education.

I sometimes want teachings with a more scientific basis and I am saddened that my learning and vocabulary does not extend far enough. Inspiration uses my mind and my vocabulary so it is up to me to extend my capabilities with further effort and inspired learning.

My desire sows a seed. Many years later, with the availability of the internet, I receive some teachings that are a combination of research and inspiration.

Energy

It is important to understand the energy flow of the forces upon the Earth. The Earth generates her own magnetic field. All that is material is made from the Earth and is tuned into this magnetic vibration. There are other radiations that travel to the Earth and enter her magnetic field through her aura, affecting her in some way.

These radiations also affect people with similar vibrations, causing a response when they pass through their auras.

Sincere seekers of truth can learn to uplift their vibrations to accept higher radiations and become channels capable of housing a more pure light. This requires eliminating personality and self centredness which are in conflict with these incoming radiations. For truth and light to enter the Earth's atmosphere a channel of purity has to be created. This necessitates lower vibrations being pushed aside.

Around the Earth's magnetic field are those of a lighter dimension. They are attached to the Earth to bring to her the higher vibrations coming from lighter realms and dimensions. Those who sit in the white light and seek to follow in the

footsteps of the Masters can learn to draw these energies and vibrations from higher realms through the Earth's aura. To do this they have to become familiar with these vibrations.

A purification process that leads to a healthier body with simple needs, clear thinking with an uncluttered mind and the acceptance of personal responsibility enables the aspiring neophyte to function more efficiently. The result is a sharpening of all faculties and a pronounced increase in sensitivity.

As the mind and body becomes more pure thought control is attained, and love establishes a sense of harmony and peace. The radiations enter freely as the aura expands and its light pushes back all incompatible vibrations. The light within is bright enough to attract the energies from above.

Every part of the neophyte is geared to receiving the energy of the teachings. No other vibration can come close to him He is in control of his Earthly vibrations which make way.

The Great Spirit knows what spirit requires to grow and develop in every environment. He provides all that is needed by those who seek. When you learn to receive teachings what you receive depends upon your desire. The vibrations are able to lift you to the realms of *remembrance*, where you may receive knowledge that is your heritage.

I belong to a larger community, the community of the human spirit. As spirits we are born equal, with equal opportunity to expand our spiritual consciousness and awareness. This we initiate through the intention of our hearts that drive us to experience what interests us.

I am receiving teachings but they can be for anyone. Because of our common ancestry we are connected. What affects me affects others. I belong to a great pool of life so I must be certain that what I think, say and do carries only the

most heartfelt intention for good. I am being given many cautions and I ponder on the meaning of *freedom*. It carries such responsibility.

The Phoenix Will Rise

Once a soul becomes a sensitive on the path of enlightenment he discovers the power of thought. But before a thought there is the birth of an understanding which comes through the ethers as the germ of a thought. The developing sensitive can know what is winging its way to the mind before it becomes a thought. A group of sensitives linking into the same source can hide nothing from each other.

The free will of each individual is his choice of whether to allow knowledge to manifest in the conscious mind as thought.

A pure and open mind is empty of all judgment. Before the mind is cleared of judgments it understands the lessons of life's experiences. A heart that is not open to the fullness of experience does not learn and understand, and so passes to the mind partial knowledge only. In this way a judgment is born.

All that touches the heart eventually touches the mind. All secret desires and hopes, no matter how beautiful or degraded, surface rapidly to the mind as dreams, thoughts, meditations or symbols. Such knowledge is only partial but it should not be ignored for it has a quality of truth. It can be grasped by the sincere sensitive as the partial truth it is although it can be misinterpreted. These vague feelings and emotions are often the sword of truth that accurately depicts what the sensitive or another truly is.

The seeds of every action are sown in thought and the seeds of every thought are sown in desire. The seeds of every

desire are sown in the hidden drive of the soul and stored in the subconscious, hidden so often from the mind, that vehicle of the physical body.

The soul of a sensitive starts to express itself more strongly as the conscious mind and the intellect learn to bow to the spiritual mind. As the spirit grows in expression and the material mind becomes quiescent the sensitive becomes aware that the time lapse between desire and fulfillment is less than previously.

Tests and trials become more difficult because the spirit is not fully in control of the mind. *Any* desires or hopes**,** even of a material nature, become charged because the sensitive often inadvertently invokes other forces by making contact with those beings who control them. Intense situations filled with potential danger and destruction can be attracted, resulting in a change of the course of life for many years if the sensitive is not made aware of the dangers of certain ways of thinking.

As the sensitive links into higher sources of information his responsibility for *all* his secret desires and hopes becomes more acute, because other forces can bring to him the fires of destruction when his thoughts turn away from light. Love for all who have life is how the phoenix rises from the ashes of material strife.

Each phase of growth carries its own requirements if enlightenment is to be assured. What each has in common is the effort and discipline it takes to continue on the path. At this stage the sensitive is given very little rest from tests and trials. As the journey continues the path gets closer and closer to the *Sword of Truth* that will so cleanly cut him down if necessary.

In the early stages there is room for mistakes and laziness. As the sensitive gets closer to the *Path of the Masters* there is no room for error. Each thought becomes so charged that the fires of destruction that could be set off are great indeed.

When mistakes are made, however, the soul may rise above the experience as the *phoenix* to begin a new phase of learning, but only after the fires of destruction are burnt out.

We cannot escape the control nature has over us. We have to live in harmony with her laws. Nature grounds us. She builds our bodies and contributes to building our souls. Her environs quieten our minds and bring us peace. Her beauty banishes negative emotions and thoughts. She is our greatest teacher for she is an embodiment of our physical life.

It is essential to our good health that we give nature a dominant position in our cities and in our lives. Some years later I am given a simple formula for the building of cities. I hope one day it reaches the right people.

Song of the Waters

There is joy in the sound of the sweet waves lapping the shores,
where the sands move and flow in and out of patterns.
I walk the long lonely beach where the gulls call out.
Past the gentle waves and sandy shores and around the point
the seas tumble towards the rocks in a different current.
The waves shatter themselves against the shoreline
with the violence of passion.
Yet the sweet gentle waves upon the sands and the violent waters that leap at the boulders are all of the same waters hat move from one end of the Earth to the other.
Further out to sea the waters of the gentle and the waters of the violent merge one into the other.
The passion that moves one and the gentleness that moves the other are indistinguishable in the whole.

Is this not a picture of life?
Who am I to judge that which moves another?
Do I not move both as the gentle and the passionate,
being neither one nor the other,
always moving with the sea of life?

With gentleness I meet the shores.
With passion I meet the rocks.
Yet, even then, do I not merge with the ocean,
where neither gentleness nor passion rules?
There, do I not blend into the deeper qualities of deeper waters
which, from the shore, I never knew existed?

I am a small cog in a big wheel with a part to play. To do this I need humility so I can see beyond this one life.

The Great Work

Most of what I have talked about concerns the growth of the spirit while in the physical body. What is also important is the direction of travel the spirit takes after it leaves the physical life.

He who seeks a destiny greater than this one life being lived now upon the Earth comes to understand that his destiny is linked to the destiny of mankind as a whole. To evolve, man travels every path of life and gains knowledge and experience. He evolves first as an individual then as a group, coming to an understanding of the oneness of human life through the common denominator, the spirit within all.

Creation is varied and numerous. Human life is of the one spirit. On the Earth it is also of the one body and the one mind that comes from the material of the Earth. What can be impressed upon the senses of one can be impressed upon the

senses of all. Man is born of the spirit and though he may translate into various forms, adopt various cloaks and exist on various planes, dimensions and levels, he remains the spiritual genus of mankind.

On his path of experiences to evolve, man is always, either moving forward growing through his experiences, or falling back, weakened by having succumbed to them thinking they *were* life. As he learns he fulfils his personal destiny. At some stage, to progress further, he seeks to aid others in their evolvement. For *one* to progress, *all* progress, for all are united one to the other by their spiritual lights. To help his fellow man is part of his destiny.

In the greater spectrum of life there is no time. Any tribulations and difficulties that hamper the work of individuals who are upon the Earth to help others are as nothing in what is termed *The Great Work*. The *Great Work* continues. Should any succumb to the karmatic cycle, eventually they will free themselves of it and take up the *Great Work* once more.

Rise above *all* your tests and trials. See only what you have come to do. Nothing in life is of importance unless it helps you achieve your goals. You come with much to give but remember who you really are, a small part of a large whole, which is again a small part of a larger whole.

As a teenager I have visionary experiences of being a man. My form is male. My thinking is male. I know what it is like to be male and I find it interesting to experience life from this perspective. Those I can discuss metaphysical affairswith are male, and it is this way for the first two thirds of my life.

Perhaps I am experiencing the yang perspective of outgoing energy that constructs through action. In the middle years it is as though I am both male and female according to what is

required by each experience. As I get older the energy becomes more yin, more receptive, and I experience being more female.

I have never had anything to say about reincarnation or past lives but in all the visions and teachings I receive about Lemuria I live them as though I am there. In this teaching I am this man. In the other Lemurian teachings I am unclear whether I am male or female as it seems irrelevant but I am as close to those with me as one can be to others.

I receive two other experiences but I cannot say they refer to past lives because I have not been told this is so. I am ever careful about imagination because many times the teachers give me experiences to teach me about some aspect of Earth life that my life cannot teach me.

One time I am living as part of a tribe of Red Indians in America. It is in a time when fences are being built. I am a young male and we are at war with another tribe, possibly Indian, Mexican or Spanish. At the time of the raid we are outnumbered and, running on foot from others on horseback, we are all killed. I die with an arrow in my back. I remember the experience vividly but I do not feel the pain. At the time I wonder if those of my tribe are my schoolfriends in this life.

In a second experience I am a medieval anglo-saxon knight living in a castle. I am a leader and upon returning to the castle after battle, still in my armour, I go to a woman who is lying upon a bed covered with furs. The lesson I am given is that she is my property and this is so because she is under my protection. Congress is not an emotional occurance but my physical right.

Although I am the knight, I am also the woman so I experience everything from both perspectives. This teaching makes me more aware of the incredible opportunities women have today in the society I have been born to. With their

freedom and independence they can find new and better ways to form alliances with men. These times bring opportunities for women and men to form complementary relationships that recognise the strengths of each.

The Temple in Lemuria

I stand in the Temple of the Sun and outstretch my arms to give my prayer in humble thanks for the life and the love I have been given. As I stand on the platform at the peak of the pyramid shaped stairs of the temple, I look towards the heavens.

I send out my prayer knowing that many people are standing below listening. As I stand there I am alone with my inspiration even though my companions and teachers are close by to give me their love and support.

I am a privileged soul for I have a life of service. In this time I have made a vow that in whatever realm, time or place, I live I will continue my work. I stand five feet ten inches high, with a round face and a countenance that always wears a smile, even if only of the eyes. I am a very happy person and I make those around me happy. I am alone, without a special companion, for I have a very strong inspirational contact and do not need a companion to keep the love within me alive.

I know this will not always be so. I know that upon the Earth in the distant future, I will need a companion to help keep the spiritual love alive within me, for inspirational contact then will be so much harder.

The Earth will no longer resemble the Earth of these times. In this far distant future it will seem as an alien planet because of the changes that will have taken place.

I see down the tunnel to that future time and it saddens my heart. In this life I can reach all my spiritual family. In the future time we will all be separated and parted by the mind of the

Earth which will have control of the individuality. The spiritual mind and memory will find it so hard to surface.

Of the spiritual companions who will return with me I have only the greatest love, yet I see sorrow and sadness ahead, for some of us will have meantime entered the Earth again and encountered difficult times. I see a falling away from the path originally planned. The climb back is so arduous and so long we will need to all help each other to aid in everyone's return.

In the future I will take the memory of this beautiful life so we may see how all difficulties upon the Earth belong only to the Earth and are not important to our spiritual lives. Our lives are dedicated to our work. I give out a plea that all remember this. Put aside the difficulties and problems of the Earth and remember how in this ancient time of Lemuria we lived and worked only to do what was required for the fulfilment of all.

When I work it fulfils me and this is my joy. I will take forward with me a memory of this work so when the time comes I can strive to achieve what I have now. I will share this memory so others can also remember what they did with ease in these wonderful days of enlightenment.

This time now I work alone. I will take this memory with me to remind me that in Lemuria I stood alone. I will then know I need not fear to be alone for that is when I communicate best, in the silence and solitude.

My memories of my work, communication, solitude and service will teach me in future times how to continue this pattern. Short periods of laughter, joy and happiness with my companions will see me through the difficult patterns of life upon the Earth that will exist.

That time will be nothing like it is now and there will be those who will wish to destroy. Understanding the purpose of life will not be apparent. The material life and its values will rule. From this time in Lemuria, I have begun to send our love

down the tunnel in preparation for that life when so few will bring with them enough love to build the temple in their hearts. I will remember the pattern of life in this time in Lemuria. I will build it in the future life so my work may continue. I will speak of spirit to those who wish to hear.

I think of my spiritual family as my wider family; those participants in my life who interchange their habitat with me wherever we need to go. They know my heart. They read my soul. Their purpose in life is the same as mine. They seek to travel towards the greater light with me.

I see every person I interact with on Earth as belonging to this wider spiritual family for I cannot see that we know of each other by chance. Unless I am in a karmic situation of redemption, when all I can manage is good wishes, I can love them all, in some way, for some period of time. Love is wide and encompassing. There are many aspects to its face that will take my whole life to discover.

Spiritual Family

I have written in the book,

I shall destroy you and your seed to the fourteenth generation for that which you have done in disobedience to my law.

I deliver to man and spirit a revelation that is both harsh and just. In doing so, do I not say to man and spirit who hears my words that I am giving to them a path in the immediate future, a path in the same line of family, a path that is open to the rigours of spiritual and physical learning of a degree not many souls will encounter by choice.

There are those souls who yearn and desire for at-one-ment with the Great Spirit that was their heritage, but which

slipped away in time. To be born and reborn at a rapid rate within the spiritual family line is to bring once more a spiritual strength to the hereditary factors of that family line.

Just as there are hereditary factors in the physical body, so are there hereditary qualities within the spiritual body. To be born into a family of familiar souls enables a soul to progress along the path of destiny that much easier and that much swifter.

The Sword of Truth and Justice does deliver to the spiritual family the means of redemption they so desire to cleanse their souls of tainted behaviour. A family line may evolve upon Earth to fulfil a particular destiny.

Does not the plan of the Creator set down in the minutest detail how spiritual families may evolve, both the stronger and the weaker, each nurturing the other in all realms? Hereditary qualities tell the story of a soul's evolvement from the birth of consciousness. A soul who has the understanding of how spiritual families are organised, upon Earth may tell, through memory, not only the tale of individual progression, but also the tale of the progression of his spiritual family.

Love within a spiritual family will nurture unselfishly each member through his progression in time.

The history of the world, as imprinted in Akashia, is told as a history of family lines, so souls may see how those in a family re-enter the Earthly cycle for many varied reasons, the most important of which is to strengthen the tie of love, both spiritual and Earthly, within a particular soul, to speed him on his journey of evolvement.

In a spiritual family each soul works and prays for each soul and none is left alone to wander in darkness uncared for and unloved. No soul has done any deed in any realm that will block the flow of love from any of his spiritual family, for love

flows, surges and bonds between every soul, no matter the stage of evolvement.

I see the line of my spiritual family stretching out from the beginning of time to the end of time. Through the knowledge engendered by all from their participation in life I am able to see and understand what I am and how I happen to be here. Knowledge of my family is my knowledge and as I progress to heights of spiritual awareness I am able to interpret what is given to me through the love of my family; a family so vast yet so familiar. It is their love that binds me to my path for truly I am not alone.

My guardian, my doorkeeper, my master, my friends, my teachers and my pupils are all of my spiritual family. Their understanding is my understanding. Their love is my love. Their life is my life. Their dedication is my dedication. I reach out to all these souls of my life. With them, in their vast numbers, communication is easy, for love is the key.

I have been told that the power of love within my family is so strong it will reach out to the Brotherhood of Souls. It will build the bridges of love and communication between all family lines that dwell upon Earth so for a time universal love will flow and the Brotherhood of Man and Spirit may be fulfilled.

In this life I seek teachers of strength belonging to all families so we may discover, for all mankind, the universal call of all souls to discard their individual heritage of family and return to the universal womb of the Great Spirit, where-in all are one. For a time, this call will be made and will be heard. Mankind in the future will remember when his individuality was set aside and for a time he felt and heard the *universal oneness of life* when he joined hands with life in all spheres and planes.

I see the Temples of Universal Light in all realms and upon these will man focus his gaze, for they will show him how to

use the universal life forces. Then he may remember, not only the heritage of himself and his spiritual family, but also the heritage of his immortal soul and the source of his spirit.

I ask the Great Spirit for an encouragement in my work that is my life. My prayer is for love that is at the centre of all that was, that is and will be

I am to experience what is given with these words and for this time I am forever grateful. May I comprehend love's face forever.

Our Love

All through our lives our love is a golden thread that weaves into our experiences its strength and its joy. No matter what life brings to you and to me the golden thread is constant and unbroken.

In these early years of our love, the cloth on the loom may not always be the colour and texture of beauty that we would wish it to be, but still the golden thread is seen, strong and unbroken.

As life unfolds and our understanding grows the picture of the cloth of our interwoven lives begins to emerge. As this happens the gold is not just a thread but an integral part of the pattern.

In the height of our years together the golden thread is a solid base for existence and no other colour is present, for our love in these years unites us in eternal freedom and joy and no more shall we part.

I love you as I love life, with a joy and abandonment, as a child,

with a freedom of expression that holds nothing back. I am spirit and I love you as spirit. My love was born before time and will continue long after time has ceased to exist.

I love you as the wind and the seas do love, in all manner of ways,

in the calm and in the turbulent, in the gentle and in the vigorous.

I love you as the shallows of the water love the sands.

I love you as the deep seas love, without seeking recognition.

In your trials I am ever with you and in your joys I share. You have all of my heart for in receiving that which is within me you turn it into a prayer that we may share in, so that together in our love we may worship, love and serve the Great Spirit until the end of our days.

When I look around the world I cannot see equality. We may have been born spiritually equal but our experiences through our various habitats have changed the level playing field. Our actions have produced the need for redemption which creates opportunities to put things right.

In our modern Western society people are living in extreme situations; extreme loneliness, unhappiness, poverty, wealth, leisure and violence; all of which can lead to anxiety, depression and suicide. The lack of human touch and kindness in the lives of lonely people is a sad situation we cannot always remedy except with a smile of compassion.

Lost and Lonely Ones

The Lord's heart reaches out to all who cry for love yet find it not, for He has a heart whose love can encompass all and a spirit that is joyous in service.

The lost and lonely ones wander the Earth, ever seeking and searching for that elusive quality called love. All who come to them with a grain of affection are welcomed with open arms that seek to fill the void within.

The Lord knows that this search of the lost and lonely ones is fruitless. He knows they must learn to give love that they may receive it, and that when the giving draws to a close they must turn to another and give more. In this way the spirit can draw close and the lost and lonely ones may receive in abundance.

He desires that all the lost and lonely ones seek only the pearl of love, that which they recognise within him, that which is his response to the universal call of life, that which is embodied in the message he gives to them.

"Listen to your spirit within and give yourself in service to others. In this giving your spirit will be quickened and you will find love and happiness. This love will become the driving force in your life and through it you will serve your own spirit. In so doing you will serve all."

Are the lost and lonely ones ready to absolutely love?
In their despair can they give comfort to another?
Only love can fill the void within their hearts.

The ways of the world hold no meaning for them. Their loss is of the spirit. They are set on their course towards fulfilment that they may learn how to give love and in the giving receive their measure. The Lord loves them for he loves all. In time they will see the light that glows for them and lights their path.

I know Madame Pompadour. I call her this because I envisage her living in a castle full of rich furnishings, surrounded by servants. Madame Pompadour joins our group

and a few months later finds out she has cancer. We pitch in to help as much as she wants.

I ask the teachers for a memory of her and I am given another Lemurian writing. The Lemurian teachings always fill me with joy; myriad, strong experiences, emotions, visions and memories. I experience the drive, the purpose and the love. I experience the air, the spiritual sun and the emanations from the source of life. The enveloping happiness of this time is almost more than I can bear.

Lorelei of the Flowers

Always a soul of gentleness, she spoke to those of the spirit world with ease and harmony. Her voice today carries a memory of her power of communication with spirit and the beloved.

Many a time I stood beside her atop those ancient hills; she in her robe of white, her long silver hair to her waist. She was called after the laurel trees that grew in copses upon the hillsides. She had a gay spontaneity and a joy of life. Her steps whispered as she moved among the flowers and growing plants, steps so light and ethereal. Everyone loved Lorelei of the silver hair and she gave her heart to all.

I love her now as I loved her then. I only see the beauty and the joy of life within her and I ache for her pain today. Lorelei of the flowers was a child of nature and her spirit rejoiced in all things of the Earth. This, however, can be a difficulty when a soul loves the Earth with all that is in her heart. For in loving so, the joy of Divine love may be forgotten causing the heart to break.

I pray she may remember the joy of life within her when she stood atop those ancient hills in a time when love ruled every thought and deed. The laurel tree is a hardy tree and can

weather many winter storms and winds and still come to bud in the spring.

Is this not spring again for Lorelei as love buds again in preparation for a time of full bloom? The summer of the blooming is that time when once again she lives totally in the knowledge and understanding of the Great Spirit's love for her. Then will the pain of her tribulations fall away in the new depth of her life and love.

Sometimes we need pictures to help us understand for we do not always know of our progress. The teachings always bring me companionship so I only associate loneliness with physical life on Earth.

Portals of the City

I stood and marked the entrance to the City of Jewels, an entrance I had last seen from afar, from the other end of that pathway of beauty that leads to such a place.

As I stood before its portals, I contemplated its majestic grandeur and likened it to the source of all life. As I stood before the closed gates to such a place, I also saw the gates to my soul that were closed to me.

I have traversed the road to the City of Jewels and I stand at its entrance and await the word from within that will open the gates to me. I stand alone for I must knock and enter alone.

I have been guided to this point by my teachers but more by the love that fills my heart. I have a love within my breast that knows no bounds and this is the password that will gain me entrance to this fair place.

I have looked with longing towards this city of marble and alabaster and I know it is my dwelling place. I have a memory of happiness and joy that is boundless and this memory ties

me to this place of beauty and splendour where-in lies my work of service.

I have had to walk alone for longer than I can remember yet once I step through the portals of this fair city I will receive the full nourishment of my soul's remembrance and I will have returned home.

I ask once more for enlightenment that will give me the wisdom that will gain my entrance. Within these walls lies my training and my work. I know I enter this place in spirit while my body sleeps. Here I learn of what is to be. Here I commune with the teachers that have been assigned to train me so I may be able do my work of service upon the Earth.

My task is one of great responsibility and I must off-load all manner of Earthly influences. They are the shackles that withhold my hand from knocking and prevent my feet from stepping through.

In this fair place I know my heritage and that of my spiritual companions. Here we meet and plan what is to be in our lives. Here amidst the beauty and splendour my spirit extends and reaches ever higher in its aspirations. Here I learn of all understandings that encourage my soul's growth to greater heights.

Part Three - Spiritual Addresses of the Seeker

Introduction

Spiritual addresses recorded at public meetings and some Inspirational teachings intermingle in this section. Receiving inspiration for others or in the presence of others is different from receiving inspiration when alone.

When receiving inspiration alone I write or record with no thought in my mind, not even when I have asked a question. I am unconcerned about the sense of what I receive but am aware when I say or write a word incorrectly.

I either then stop and wait for the correct word, or continue and receive the word later when I type the teaching. Vibration of the incorrect word is always different. Teachings I receive when alone tend to focus on a subject but I do not know what it is until I have finished and receive the title.

At times my thoughts run concurrently with the words I am receiving - two minds working simultaneously.

Receiving and delivering inspiration to a group of people creates a wider view of a subject because the teachers are delivering information to a number of minds that wish to hear different understandings. Each person is interested in different things. The flow is different and sometimes I argue in my mind with what I am receiving as I am saying it.

Friend of Spirit

The sun is a self-contained unit of life. It has within it all it needs for its existence. It creates its own fuel. It creates its own movement. It emits light with positive purpose. It nourishes life upon Earth and takes nothing in return.

Liken the sun to your spirit which is the essence of your life. This spirit gives of its life which flows constantly between the

spirit world and Earth. This life is love in a state of constant giving; providing replenishment for all without diminishing itself.

Teach your body to welcome the spirit. Teach your mind to be still so the spirit may speak to your body. Let the spirit nurture the body that houses it.

Let your spirit expand as your greater self. Become aware of your greater self as being your life that has nothing to do with your understanding of your physical self. Relate to what is this most beautiful part of you and disregard all else. Recall from your soul all that is beautiful. Let it may enhance your life for from it you can achieve a better and more beautiful life in your future. Grow here, now, and return to the best possible place in the worlds of spirit when your time comes.

Remember your spiritual family. Remember your friends in spirit. Draw their love to you for they send it continually, just as you do when you are in spirit and they are upon the Earth.

See the beauty of Earth and allow her to nourish your body and soul at this time. See nature receiving nourishment from the sun and accept this nourishment. Eat the foods of the Earth and breathe the pure air. Use wisely the energy the Earth gives you and return to her what she needs to supplement her reserves.

Although time upon Earth can be severe change it to a joyful dance. Do not be shy to express this language of the spirit and a joyful friend to everyone. You are then a friend to spirit.

The teachers explain things in many different ways. A teaching begins simply and over a period of time becomes more detailed. The teachers build on a thread, understanding the way we learn.

I am shown that what comes from within self has value and needs to be recognised in our daily lives. Everyone is of value and has something within to discover. When I ask what this is I am given these words.

Call of the Inner Voice

You all have a *voice within*, a little voice that can only be heard in the silence. This voice within in the voice of truth that brings you all you need for your progression upon Earth.

When you pray to the Creator you tune into the vibration of *silence*. The *love vibration* is the language of the *silence* that is communicated from to life everywhere. Should your thoughts ever take you down and life becomes heavy, tune into this love vibration in the silence. Hear the little voice within and you will once again become at one with life.

You still your conscious mind it becomes a channel for the spiritual mind. Through your thoughts and prayers you can then contact elevated spirit of light from higher realms. You cannot see elevated spirits because they do not manifest to make themselves known. This is because spirits have to come close to physical Earth to manifest.

Elevated spirits are beyond physical life so cannot be recognised with physical eyes. They can be recognised by the vibration of love that accompanies their consciousness and you can feel this vibration of love as it is filtered to the level you can perceive; recognition that is higher than thoughts and feelings.

Any spiritual contact you make corresponds to the deep desire of your soul that is processed through your heart. This desire reaches to those with similar desires to where your spiritual body exists in that moment. When your vibration is raised the influence of material life with its accompanying negativity, doubt, fear and guilt does not impact heavily upon

you; not until your vibration lowers with your acceptance of such thoughts.

Before you come to Earth you make plans for your life. Once you are here you have free choice and it is made with your thoughts. You may construct your life with elevated thoughts or you may construct it with dark and negative thoughts. The thoughts of your choice do not remain within you. With their birth in your mind, they are immediately sent out as thought forms and are accepted by those with similar thought patterns.

Your body belongs to the rate of vibration of physical Earth and the etheric regions surrounding the Earth. Because these places are a lower vibration than the spirit, they cannot contain the higher spiritual vibration unless you raise your thoughts to the higher vibration. Doing this enables you to become a channel for all things spiritual; love, thoughts, teachings, but only a channel, for like everything in life these higher vibrations cannot be contained for all is in a state of movement.

The aspect of your spirit that is contained in your body constantly moves throughout it promoting the life of every part.

You do not live solely in the physical body and when you seek to do spiritual work you become aware of the life of your ethereal body, the conduit for all things spiritual such as the *love vibration*. When your thoughts are elevated you are using the language of light. By seeking only thoughts of light you can elevate to the light of the Masters; an iridescent light that brings spiritual inspiration.

All who have life need the light of truth and love. Without it progress cannot be made or seen.

I do not think this address is well received. It asks that people contribute to the process. It encourages me to strive more; to critique carefully; to identify the difference between inspirational thoughts and my own thoughts.

Path of Light

Around the Earth is a strong magnetic field that interpenetrates the etheric regions. Within this region or field is every thought, emotion, desire and action that relates to Earth life. This information is available to all men and women according to their desire.

When you seek to develop psychically you can tune into this information but it is affected by your personality or has an effect upon your personality, so what you receive is not always pure.

The Path of Light is different. When you seek to grow in what may be called the Path of Light, you are not randomly reaching at to a place of information or to those who dwell in this area of life. You are reaching for a spiritual teacher who is walking the Path of the Masters. Knowledge coming from such a one comes only on the love vibration that is of the Great Spirit. This knowledge or information is an unspoken communication; the language of the spirit, unaffected by events upon Earth or personality.

Development of this spirit contact is very slow, whereas development of an etheric contact is rapid. Information close to the Earth is easily attained, usually mental in nature before becoming visual and relayed by those closely allied to the Earth.

To reach for teachings from spiritual teachers on the Path of the Masters there are several stages of learning. You have to expand your spiritual light within; allowing it to grow and strengthen until it can reach the greater light. This is done firstly through prayer and secondly by learning to listen to the

spirit within. Listening is achieved by stilling your thoughts of Earth life and so creating a still place of peace within. Thirdly you come to know the meaning of the words, *I am that I am*.

The next stage of learning embodies disciplines. The personality of self has to be disciplined for the spirit within to be heard. When you can hear your inner voice, you can direct your material life to enable you to keep your spiritual appointments to ensure that the pattern of your growth is placed firmly in the hands of your spiritual teacher. Your sincere efforts and faith in your teacher and his wisdom no encourages your heart to be filled with love then evil can find place with you for you have to prove yourself worthy of your teacher's instruction.

The next stage of learning embodies purification. Spiritual light is pure and needs a pure channel as it has to travel through the magnetic field and etheric regions that interpenetrate and surround Earth. As pure spirit light travels through the magnetic field it passes through all thoughts and actions relating to Earth; sorrow, sadness, hardship, despair and all manner of evil thoughts and deeds. The sensitive spirit light is exposed to the ways of Earth and you will feel everything in a way not felt before.

It is a test of strength. Should you accept and absorb these thoughts and experiences you will deviate from your course for the Path of Light cannot absorb such information. It is irrelevant when the Path of Light is the goal.

Your initial search for the truth uses the energies of Earth and its magnetic forces. Combine these with prayer and slowly they will be replaced with spiritual energy as your spiritual strength grows, your aura expands and your spiritual light intensifies. With your yearning for the Great Spirit and your increased spiritual strength you can send out a tiny shaft of pure spirit light towards the greater worlds, reaching towards

the light your spirit teachers are making available to you at the same speed and intensity your light reaches out.

From two directions the light moves to join together, each shaft being drawn to the other by the Law of Attraction, the intensity and strength determined by you. The purity of the light you send out draws towards it a light equal in purity, able to be seen or recognised by any with a similar goal.

Having built this tiny shaft of light your task is then to expand it so you may live constantly in its beam, receiving love and teachings. This is achieved with pure thoughts and by being a listener, able to hear the word when it is transmitted. The channel is purely spiritual unable to be used for thoughts of the mundane or self.

This light changes your life. Your goal is a constant desire to enhance your spiritual vibration. You tend to look on all with eyes of love for your heart is filled with love and you are unaffected by evil. Your life is guided by your spirit which is expanding. You hear its voice guiding your direction in life, best suited to your soul growth.

No forces upon Earth can penetrate you. They may swirl around you and your life but they can have no lasting effect upon your composure. You are master of your own destiny. None may touch you, for the spirit of love stands at your side and you are never alone.

This path of light brings great responsibility. You have to be careful that the teachings you receive are not diluted by your personality as they are teachings for others who seek.

Be a living example of these teachings. Put into practice all you receive. Radiate this light to others. Show others that this Path of Light is for all who seek.

I was brought up in the catholic religion and educated by nuns. This gives me appreciation of a message. I read Jesus' words and disregard all else. His words about faith, hope and charity, the greatest being charity, which we term love, is extraordinary.

A Master's mission is to bring a message. Within the message is everything you need to comprehend how to fulfil your ultimate destiny.

Again I ask, What is love?

Love wants what is good for others and the Master's message shows how. His words are simple but hard to achieve. Treat others as you want to be treated and love others as you love yourself.

Master

I wish to take you on a symbolic journey the Master took when he was on Earth. He picked up his cross and carried it. He carried his cross alone and the words he spoke to his Father mirrored his pain, *Father, why have you forsaken me?*

With these words he shows that many times he felt the draw of the ways of Earth that opposed his spirit for man cannot serve two masters. At times the gravity of Earth held him down on a plane he did not belong to. He knew he could never become enmeshed in the ways of physical life bur alone he could not succeed in his mission. He needed constant communication with his Father.

The Master came to Earth to teach the people how to free themselves from its gravitational pull and once more become spiritually enlightened. He came to teach the people how to love the Father while experiencing physical life. To do this he had to experience Earth life and he was tested in his desire for physical ways. During his training he reached out to his Father who gave him what he needed to complete his mission.

Fill your mind and heart with love so none of evil can enter.

In his time of trials his heart was heavy and his communication with his Father was difficult. Again he called out,

My God, why have you forsaken me? Be with me now. Alone, I can do nothing.

In times of pain and despair call out as the Master did. He knows your pain. He knows your difficulties. He does not judge as he was not judged and you will not be judged. When you call out you will receive the love and guidance you need.

The Earthly life is a cross the spirit must bear until life is lived according to the ways of the spirit. Each incarnating spirit must carry this cross alone as did the Master. Not once did he ask another to share his load. He took the full weight of his cross even after the tortures and rigours of his life overwhelmed him. He carried his cross as must each soul.

When he fell on the way he rested and someone gave him a helping hand for a part of the journey by adjusting his load. This we all can do when another falls.

Give your love and wisdom to those who fall. You cannot carry their load but your love and wisdom can lighten it. Each must reach their destiny by his own effort.

When you feel the burden of your material cross is more that you can bear, call out so your pain may be soothed. There will come a time when you will no longer have to experience the pain of physical life. Then you will begin your ascension to your permanent spiritual home.

I receive this short address with the group. It is a great guidance for me, and I sincerely hope for others as well.

Razor's Edge

The emblem of your work is *The Sword of Truth*. It is a sword you carry yourself but it is the Master at your side who teaches you how to use it. Knowledge you gain from a Master is spoken to your spirit. Wisdom to use such knowledge comes from the soul growth you gain through your experiences. With the guidance of a Master you may wield the implacable Sword of Truth.

You carry this emblem of spiritual achievement so you may cut down all the lies and half-truths that abound. You draw towards yourself the learning you need to strengthen your weaknesses so you become strong enough to wield the mighty weight of such a sword. This sword has a razor edge. As you walk this path you will discover there is no room to turn. The only direction is straight ahead.

Should you slip from this path of Truth at this time it will take many years for you to regain it. This is a critical period. Keep your spiritual goals in sight, for when carrying a sword of such power you bring forces into play that make you vulnerable. Keep your thoughts on the Great Spirit, not self. Pray so you may keep aflame the ever shining light of truth.

When your light is brightly shining there is no need to look to the right or the left into the darkness. There is no need to look towards another or hear the voice of another in the darkness calling to you.

The darkness is the shadow of the light and will come into the light in a future time.

You are not a child of the shadows. You are a child of light. Hold fast to this light and to your spiritual goals. Should you falter and let your soul stray to the ways of darkness or hear

the voices of darkness you will falter on the razor edge and possibly fall.

You are accompanied by the guidance of a Master who is walking at your side, slightly behind your right shoulder. You are slightly ahead so you may have free will to place your feet where you choose. Wherever you place them you must accept what that step brings you. Hold the love vibration in your heart. Never allow it to lessen for anyone, for *The Way* is implacable.

Keep your goals high. See no other vibrations. Should you become aware of their existence do not draw them in by acknowledging their presence. This is an important part of your training that will result in you becoming impervious to any vibration other than the love vibration. Acceptance of anything less shows a weakness within you that has to be strengthened before you continue.

You are part of the universal life force that can provide you with knowledge beyond the Earth. To gain such knowledge your mind must be able to ascend. Manage your life upon Earth with spiritual vision and gain spiritual wisdom. Do not see the shadows. Use your spiritual eyes so you always see your spiritual goals. Hand your Earth trials to the Great Spirit in prayer so wisdom may prevail, seeing them as steps that lead you closer to your spiritual goals.

Certainty and self-assuredness are worth struggling for. When we know what we know is right and cannot be told otherwise, it usually is right for that moment. Later what we understand to be right can expand and change. I see the changing nature of truth when another veil is lifted from my eyes.

Teaching of the Diamond

The Master entered the room. His disciples were sitting around the table discussing *truth*. The Master asked them to visualise the largest most exotic and beautiful diamond in the centre of the table. All sitting around the table looked into the diamond that was *truth*.

What can you see?

The Master went around the table one by one asking each to tell how they saw *truth* in the diamond. Each recounted what they saw; colours, pictures and life experiences. The spiritual eye of each of these spiritually aware souls delved deep into the subconscious mind and brought to the fore his purpose and task in life.

The Master listened as each disciple recounted his story into the otherwise silent room. At the end of the last story the Master rose to his feet and spoke with the voice of spirit. As he began to speak each person present felt the emanation of love and peace that became tangible in the room.

Each of you has sat here and through the diamond looked deeply into yourself to your soul. Each of you has made contact with a spiritual source. Each of you has come to an understanding of life, that of your own and of those who share your life. You are all correct in your understandings of what you saw. This understanding related to yourself, your life, your purpose upon the Earth and your task in life. Each of you spoke truth yet each truth spoken was different.

Not one of you stood, left your seat at the table and walked around it to see truth from the angle of another. Each of you only saw what related to yourself.

The Master then expounded on how each person upon the Earth is limited in his understanding of truth and may not recover all that is in the diamond.

The whole diamond is an understanding of eternal life; the eternal life of the spirit and the many places of existence in the various mansions of the Great Spirit. Each soul upon the Earth today has only a diamond chip, for the chip of the diamond is all that can be comprehended while living the physical life and using the limiting physical mind. The physical house draws to itself many experiences. These experiences are relayed to the conscious mind which then decides, because of these experiences in life and what takes place upon the Earth, what self is.

This is a half-truth. The real self is not revealed through experiences upon Earth. This begins to happen when you start to walk the Path of the Masters. Then the realisation comes to you that the spirit within the human being is a far greater being than realised. Truth is an awareness of the I am that I am *that is part of the emanations of the Creator.*

When man enters the Earth his spirit is cloaked with the physical house. It is difficult for him to discover the truth of his own self and the Greater Self. Personality is constructed through his experiences in his life upon Earth. This personality tells man who he thinks he is. It relates this through his experiences so he may decide whether he is a success or a failure. The result is an image is built; his self-identity.

To discover truth personality has to be stripped away. Success and failure cannot be measured by the experiences of the Earth for experiences can fool you for they have limitations. A soul is born into a certain country and a certain area. He has a limited movement and freedom which is dictated by the conditions of his birth and environment. This

colours his reactions, his personality and his constructed self-image.

Reference to matters of the Earth have no relevance in the search for the I am that I am. Earthly life and its experiences have value when seen as a means of growth and expansion of spiritual awareness that can lead to a discovery of truth. To fully grow in spiritual understanding is to draw in love and learn to move beyond the restrictions of personality which relates all experiences to self. When you relate the experiences of material life to self you build you self-identity based on opinion and prejudice of how things are and should be.

This is how judgement of others is born. People judge according to their own limitations and experiences in life. The diamond chip of truth is all you can hope to attain while in the physical body. You have difficulty understanding the ways of others upon Earth, so how much more difficult it is to understand ways of life outside Earthly experiences.

Learn to relate all to the greater life and you will become a more universal being, without opinion and prejudice. See one facet of the diamond fully but know you cannot possess the whole. The whole belongs to infinity, with its greater depth of knowledge than the mind of man can contain.

To seek an understanding of truth is to seek an understanding of life beyond the cocoon of Earth. Reach for a spiritual contact through love and forsake your Earthly personality and mind. Seek the teachers and Masters of Truth who can bring the light of understanding. In its wisdom spirit knows how to teach man of life outside the experiences of Earth.

When you set aside you prejudices, opinions and the confinements of personality, you peel away the layers of constructed self-identity to expose the pure spirit cocooned

within. You can then experience your spirit with its truth and beauty that is part of a greater whole.

These layers are sometimes built up through many incarnations until that one incarnation is reached when spiritual progression takes precedence over material progression. At this time you can look into the mirror of your spiritual self and see more than one facet of the Diamond of Truth the teaching of which has no relationship to Earthly experiences.

The spirit of truth may come to you in your sleep state and in your meditations when it can teach you of life upon Earth from an angle outside your physical experiences. This causes the lid of the cup containing your life's experiences to be lifted.

These limiting experiences of your Earth life and personality may be tipped out to be replaced with spiritual light, love and understanding, a process that takes much time and courage.

There are those of spirit who remain in the etheric realms of the physical planes waiting to make contact with you. When you have prejudice and opinions, through your sensitivity you open the door to these spirits with their promptings and criticisms of yourself and others. It is better that this door is firmly closed forever, shutting out any negative or imaginative contacts. Your soul may then reach out to the source of light and truth so you may learn of infinity.

Teachings from the teachers and Masters of light cannot be read as a book for they are the living word. They are life. They are received through the spiritual mind, becoming words for the mind of man. They are accompanied by a vibrational teaching of love that speaks to the spiritual mind. This protects them from the spiritually ignorant, those who do not seek the greater light. The ignorant read the words but are unable to remember them or apply them to life. The sincere seeker receives the unspoken word between the lines on the page.

Sincerity teaches you. Through sincerity you gather the chips of the Diamond of Truth as they fall from the Table of Life.

The Master taught the disciples further about truth. He sought for them to expand the consciousness of their souls, reach ever higher, cast off all preconceived ideas of conscious thinking and appreciate that their experiences of life were but a small aspect of the vast truth of infinity. He sought to convey that the many mansions of life in the great realms of spirit are of unparalleled beauty and that those with vision can see a part of the whole as with the Diamond of Truth.

The reality of life belongs to another dimension where time is not; a spiritual realm not a physical plane of life. At times upon Earth it can briefly touch you and the memory of such a moment leaves you filled with joy and a vitality that lightens yours footsteps for you walk free of opinions, prejudice and judgements.

The reality of life is simple. It is *the I am that I am.*
It is what you invoke when you say *The Father and I are one.*

A low ebb is a difficult time. A force comes to me and through me. The cup and saucer beside the bed start jumping up and down. Because I cannot move I cannot tell whether I am asleep and dreaming or awake.

I do not get angry often but I feel great anger in this moment. I do not want psychic abilities. Whatever is causing the cup to jump needs to stop and go away and I want to move. My reaction is to stop all spiritual communication. I tell the teachers I do not want any contact for three weeks and I want protection from all unwanted attention sorted out.

This is possibly a test to see what I will accept and what I will not accept with the outcome determining my next step.

Step onto the Path

There comes a time, often at the lowest ebb of your life, when a force of spirit comes to show your future capabilities and potential. When you receive this force of spirit you may believe you have discovered a deep psychical ability within but it is a force of spirit to lead you to the Great Spirit.

It is given to shock you into an awareness of forces greater than you as you have not listened to your inner voice. Once the purpose is achieved this psychical force is removed and you move into a period of silence; a time of reflection for you to look deeply into your soul and discover its qualities of light. During this time the Earth holds little meaning for you.

After a period of time in the silence your path opens like a flower to full bloom. The testers return to bring you to the path of psychic abilities you may have enjoyed. Should you accept you will once again receive some psychic force that, unknown to you, is uncontrolled and temporary.

This is a time for humility, for ego seeks an ability not commonly held. The Path of the Masters offers nothing for personal use. A Master does not display the spiritual abilities he possesses for he is a humble servant of the Great Spirit seeking only to serve. Only the spiritually wise can recognise a master upon the Earth.

Look deeply within your soul. Quieten any psychic forces for they need to depart. In their place you will receive the beauty of a true contact with the servants of light which is slow to come to fruition. Any ability required in a time of need will be there for that moment, coming naturally to you.

Thoughts and Vibrations

May the strength of the Holy Spirit enter your hearts and lift your thoughts to this vibration through which the Masters teach. Learn of it then accompany your guide to the Temple of

Truth during your hours of sleep. When you awake in the morning your first thought instructs your mind how to think for the whole day for which you are responsible. Better that this thought be of the joy and happiness that accompanies the journey to the worlds of elevated spirit during sleep state. Become a vigilant watcher of your thoughts. Become a vigilant doorkeeper of your mind.

Reflection

I looked into a mirror and saw a reflection of my thoughts.

I am not stable. I do not have consistent thought patterns. It has taken me many years of discipline to gain thought control. A master can maintain spiritual awareness of the Great Spirit. It is part of his work and it is a joy to him. He is my ideal. He is what I am training to become, seeking to emulate.

My spirit is not individual. It has qualities of love, compassion, tenderness, beauty, joy and happiness that are common to all. It loves through all error, without comparison and expects nothing in return.

I have a close association with a gentleman over a period of about two years. He runs a group for some months and has a vision of what he wants to achieve. When he says the group can go public everyone leaves, saying the teachings are only for them. Looking back at this time I realise I do not receive any guidance or teachings concerning this group. It belongs to the journey of another. This is disconcerting because I do not realise this at the time.

I have a dream at five in the morning. I am on a train with the five people in the group and we are travelling at speed towards the City of Jewels. Along the way, one by one everyone leaves the train except me and this gentleman. The city is his vision for his work. When we alight at this destination I am

awestruck at its beauty. We walk closer and I realise the city is built of mud.

The following night I have another vision at five in the morning. I am in a black corvette car speeding along the road to outrun a storm. I am travelling at one hundred and ten miles per hour and the clouds and lightning are getting lower and lower. I just make it through this black, lowering sky before everything hits the ground and erupts behind me.

My association with this gentleman lasts one hundred and ten months and during this time I learn about every vibration. This time brings to mind what the teachers had told me.

Your training will take twelve years; seven in the dark and five in the light.

Two Travellers

Two travellers were to make a journey to the other side of the world to meet a Master they had been given an introduction to. They had been told he would show them the way to enlightenment. They saved for many years then made the journey. The country was poor and the address they were given was humble. When they knocked upon the door an older gentleman of humble stature answered.

They asked, Are you the keeper and master of this house?

He replied, You are expected. Please come in.

When the travellers explained the purpose of their visit he said, Stay as long as you wish. You may earn your keep by cleaning and preparing food for us all.

They lived in this way for several months, doing all tasks that were necessary with very little to eat. One of the travellers could stand it no longer. One day he lost his temper and said to the master,

I have left a country where I did not have to go down on my hands and knees and scrub floors. I have not travelled all this way to live like a desert rat. I am going home for I do not see any spiritual enlightenment in this place.

Not long after he left there was a knock at the door. The master opened it to another gentleman who entered. This gentleman approached the traveller, who was performing some menial task at the time, and said,

Although I was expecting you my return journey was delayed. I hope my servant has made you comfortable.

The next day they sat together at a table and discussed many things. After some moments the master asked the traveller,

What have you learnt in this place that you could not learn in your own country?

While you were living here who was the master?

The joy of spirit is different to feelings of pleasure. Joy is being at one with life and it is available in all that we do. We are supposed to live joyfully. We are supposed to feel peaceful within and in harmony with our environment. We are supposed to experience love. We do not have to be special or live holy lives to have these things. We only have to be alive to receive joy and knowledge from every situation in life we are exposed to. Joy is a password to living fully.

Password

Beyond the mists of time there stands a sentinel. He greets the traveller who, accompanied by his guide, passes through

these barriers and asks for the password to the greater realms. Before the answer is given the sentinel knows what is in the heart of the traveller and to what place he is to be directed. The sentinel points out the direction for this part of the traveller's journey.

The more the traveller knows of greater thought and greater love the more he is ready to learn, for when he is greeted by the sentinel he is directed to the place of learning that is just beyond his experiences. Let him practise his journey during his state of sleep. Let him become used to journeying with his guide. Let him recognise the password when the time comes for his entry into greater realms.

In the greater realms there are many variances of abodes he may go to. He shall arrive at his heart's desire. Let him seek with love in his heart so he may find the abode of love for the Great Spirit.

While upon Earth learn to master your thoughts and live with love. Pass no judgement or opinion on yourself or another so as the traveller you can take the first step towards the Sentinel who stands beyond the veil.

Praise the Great Spirit for he has sent teachers to you who can teach you of the worthiness of your spirit within. Praise him for he has given you life and with this life the promise of eternal joy.

While upon Earth your spirit sleeps when the conscious mind has command. The greater realms are your destiny so learn, while upon Earth, the password for the Sentinel so you can step into the greater world of spirit with your guide and go to places of learning beyond dreams and obscurity.

When you have love in your heart you shall find more love. Learn of greater love in greater worlds during your hours of sleep and upon your return to Earth in the hours of the dawning you will bring this greater love with you. Let your place of

learning become a natural place to return to each time you make your journey into the spirit world.

The real teaching is implied and accompanies what is spoken and written. It nourishes, providing support and love that banishes loneliness.

I feel loneliness when I do not have a person I can communicate with on a deep level. Only real communication makes the presence of another important in my life.

Unspoken Word

The unspoken word comes from beyond the mists of time, is carried on the vibration of love and travels to your mind to calm its turmoil. Be still. Be in peace. Let love speak to you in the silence. Find acceptance of what is. Let the unspoken word of love enter your heart and teach you of the Wisdom of the Ages. According to the wisdom of your soul, in the language of your heart, receive this unspoken word that vibrates according to your yearning.

Elementary understandings become words that are keys to the wisdom of the unspoken words that cannot be sought. They come in your quiet moments when least expected. They come in the season of rest, when you think you have done nothing and have not grown.

Their roots are planted in your soul and when your conscious mind is put to rest you absorb their nourishment so they come to bud in the spring of your spiritual growth.

Seek nothing for self, neither growth nor development. Seek only to love others and bathe in the eternal rays of joy that enter the silent, accepting heart that has learnt to love.

I ponder on death for it is a sceptre that makes us tremble. I like that this teaching places responsibility for my direction squarely upon my shoulders.

Everyone dreams and there are many reasons for their variances. They are always present, just not always remembered. Physical life, especially the state of our health, can influence dreams. What we watch on television and what we eat before sleep can also influence the type of dreams we have.

During sleep the physical body, including its mind, is cleansed. Many times the dreams we remember are jumbled experiences, described as weird because they are part of this process.

There are other dreams that are more experiences or prophesy and I have them about five in the morning. When I need to remember something important I wake up at that time, go back to sleep, dream then wake again with full memory. I then return to a normal sleep pattern, although occasionally I go back into the dream and continue it.

This address is not meant to make anyone fearful, thinking, *I cannot remember my dreams*. For some it is best viewed as a story.

Etheric Regions

Behold there is a light on the horizon. Are you sons and daughters of Earth or are you sons and daughters of spirit? As sons and daughters of spirit you have a responsibility to enter the spiritual world in your times of sleep so you may practise, while you are on Earth, the journey you shall make one day, when you pass completely into spirit from this one life.

You have a guide that comes to you each night when you sleep. As sons and daughters of spirit you speak to your guide and go with him on your travels, the direction according to the

yearning in your heart. You have many nights upon Earth to prove yourself worthy of the direction your heart desires. Your responsibility is to arrive at the realms of spirit beyond the etheric regions. You shall not know the way unless you make the journey with your guide during sleep.

Each night he comes to you. Listen to him. Reach out to him so he may take you to your spiritual plane of learning, so he may take you to your spiritual family, so he may take you to the Temple of Truth, so he may guide you safely to the worlds of spirit through the barrier of the Etheric Regions that surround the Earth.

Who, upon the passing, can enter the worlds of spirit when they do not recognise their guides? Who, on the passing can go to the greater beyond to a life over the horizon unless they know the signposts of the journey? Who can travel into spirit alone and unaccompanied without a guardian of the realm they seek to enter?

The distances are vast. The signposts are few. The way is unobtrusive to the ignorant. Your guide has memory of the way. Many upon Earth have been stripped of their memories and until they have proved their worthiness for the realms of spirit are unable to remember the way alone. This shall be so while they live upon Earth.

Upon the passing the spirit enters the Etheric Regions. The sons and daughters of Earth receive a shock. On the passing they expect either nothing or a beautiful light. Instead they are thrust into a memory bank; not only a memory of this one life upon Earth with its physical mind, moods and travails of Earth life but also the memories of all lives, all travels in the Etheric Regions and all places travelled with the guides in the Mists of Time during sleep. Memories beyond the Etheric Regions are forsaken. While associated with the Earth they are unable to

retain memories of the greater beyond, not until they are freed from the physical mind.

On the passing all spirits have a period of adjustment to the influx of memories. Their reality is replayed. Should they pass into spirit as children of Earth, as these memories are replayed they may become locked into the theatres of time, into whatever memory suits. They are waylaid on their journey, replaying and living out once more, through memory, some part of life or time span already experienced upon Earth. All is as real in the replay as life upon Earth is today.

Should they pass into spirit as sons and daughters of spirit they objectively watch the replay, as if from a distance, as it unfolds on the screen of their minds. It is like looking through a telescope reversed. Should they not become involved, because as children of spirit, they yearn for the life of the spirit and the greater worlds, when the replay is finished the guides come to them. When the guides ask them to go with them on the journey though the Etheric Regions, because they recognise the guides they wish to go.

As they pass through the Etheric Regions as children of spirit, their testing is rigorous. They have to prove worthy of the greater beyond. Once again they come into contact with all their thought forms belonging to Earth life. With their guides, unseen but recognised by their spiritual vibration and slightly behind them, at their right shoulders, they are guided through. The guides' at-one-ment with the Great Spirit is a homing signal.

As they pass through the Etheric Regions they are tested for every weakness of thought and character portrayed while living upon Earth. Soul memories and weaknesses become apparent. It is like climbing a staircase. At each step there is a room off the staircase and in each room is an Earthly desire.

Should they travel on, without allowing their consciousness or awareness to settle upon any of these experiences they are free, when they reach the top of the staircase, to travel with their guide out of the Mists of Time towards the Rivers of Cleansing, after which they may enter the greater realms of learning. This is the way for the sons and daughters of spirit. Upon the passing the sons and daughters of Earth remain attached to the memories of Earth life.

Many take sleep state for granted. They see it only as a resting phase in Earthly life; an escape from trials and tribulations; a time of oblivion. The sons and daughters of Earth awaken from sleep state having received little peace or rest. On their awakening they discover that the world they left behind is exactly the same.

The sons and daughters of spirit discover peace, rest and learning in their sleep state. On awakening they find a new world, for they have brought these qualities with them on their return from sleep state. They have brought peace, tranquillity, love and joy into their Earth life.

One of your greatest tasks of learning upon Earth is, during sleep state, to enter the realms of spirit with your guide. When you sit in meditation you reach out to contact the love of the Great Spirit. The same principles apply when you enter sleep state which is like a deeper mediation that allows you to contact the world of your desire.

During sleep, in a state of abandonment, even with your head on the pillow, the chin should be slightly raised. With the eyes at rest go into a meditative state, focusing across the bridge of the nose, some four or five inches in front of it, focusing on the love of the Great Spirit. From here, go into whatever position you wish. It is the position of the head on the pillow, as if in a meditative state, that encourages you to reach

towards the light upon the horizon that enables you to make your spiritual journey.

Your guide comes when you are in your state of sleep. He asks you whether you wish to go on a journey with him. It is your decision and your responsibility. When you go to sleep as a child of Earth you do not recognise your guide for you are not seeking the vibration of spirit. You go on your own journey through the denser etheric regions close to the Earth, alone and unaccompanied, drawn to familiar thoughts, desires and indulgences already within your subconscious mind.

This happens every night you are upon Earth. The passing is no different. After a lifetime, it is the same as passing into spirit during your sleep state. You learn how to enter the spirit world, first in a meditative state by going to a spiritual place of learning under supervision, where the guides may come and speak with you, and secondly during your sleep state.

Enter the spirit world with a prayer. Learn of the journey you may make with your guide and upon the passing you shall make the same journey with him as naturally as you have done throughout your Earth life.

Ignore your guide during your sleep state and on the passing when he comes you shall ignore him again, making your own journey in the denser Earth associated Etheric Regions.

There is nothing whimsical about spiritual growth, spiritual learning and spiritual development. There is a simple plan for everyone and it follows spiritual law. When you learn the laws of spirit and apply them to life upon Earth the passing into spirit is as natural as night follows day, and the passing from the spirit world into the Earth world is as natural as day following night.

You will know when you have been with your guide in the realms of spirit for you will awaken with joy in your heart and

love for those around you. You will see the world through the eyes of spirit. You will know when you have had feet of clay for when you wake in the morning you will see the same world you left the night before, with all its cares and woes.

Seek eternal sleep and eternal rest with all your heart. It is your training for your passing into spirit when your life upon Earth is completed. Look to the horizon to see the light that is beyond the Mists of Time. Ask to be shown how to reach it. Unaccompanied you cannot know the way for light travels unseen until it reaches its destination.

Once the journey begins light is dimmed from the eyes of the sons and daughters of Earth but it is seen by the wise eyes of the experienced and seasoned spiritual travellers, the trusted servants of the Great Spirit who come to all who enter the Earth to teach them of the ways of the spirit that guards the entrance to the soul. Your guides see you safely through all your journeys in the spirit world, in a meditative state, during sleep state and on the final passing of your spirit from your body.

All who enter the Earth are responsible for their arrival at whatever destination they yearn for and earn. The Lords of Karma see through the Mirror of Time all that is shown. They see the yearning and desire of all and they ensure you arrive at the destination you are worthy of.

The importance of an individual is the contribution he makes to the continuing evolvement of the human race so it may come out of the shadows of wrongdoing.

The Greater Self, the Greater Life, the Greater Mind are terms I use recently. They seem descriptive of life beyond Earth that we cannot truly describe or know. These terms, although vague, convey a deep knowing that is recognition.

Greater Self

O soul of mine, you have revealed the lamp of spirit. You have held up your spirit for reflection to the greater world so it may mirror back to you your eminence and countenance. The will of your spirit shall be heard. It shall make its voice known to the soul that yearns for all things spiritual.

The soul has experienced the ways of the spirit and desires to be once again in harmony with it. It seeks by whatever means are available to draw in the spirit's way of love so the spirit may teach the soul. The will of the spirit shall demand, in its own subtle way, recognition of its existence and the soul must respond for it has felt the love of the Great Spirit before, but for quite a time has rejected it.

With your whole heart and soul, that has known both good and evil, send love to the universal life and recognise what you can receive. Send love and receive in return. Love is light and travels more naturally than darkness. Receive it with an open heart and your life shall reflect its rays. Return what you receive and ask the Great Spirit to aid those who need healing. When extending your hands over another, should you feel a barrier, you have encountered a negative force, recognised it and accepted it because of present or past experiences with negative forces.

Negative forces are now part of physical life on Earth but they can be rejected through thought control. When you are exposed to spiritual learning negative forces test your ability to withstand their effects. You can recognise their vibration and refuse their direction.

The vibration of thoughts coming in your direction can be recognised at the extremity of your aura. Thought control, humility and love for the Great Spirit enable you to recognise the existence of negativity without accepting its influence. Aware of the nature of a thought you can reject or accept it. A

rejected negative thought is weakened by the love vibration of your eminence, which prevents it being strengthened on its return to the sender.

Your eminence is your ability to radiate love to the Great Spirit and varies according to the moment. Your countenance is the constant of your ability to radiate love to the Great Spirit and it can grow in stature.

You cannot consciously will love and healing for another. Should you seek to do this you are using your physical mind that seeks recognition of its abilities. You cannot heal or help another. Only the creative love force of the Great Spirit can do this. Even in magnetic healing the creative love force is within the Earth's magnetism and enables the work. Humility is a quality of the spirit. In all healing the quality of humility prevents you from becoming personally involved, seeing yourself as the healer.

Light travels to he whose eminence relates to the Great Spirit, able to travel beyond the Earth to the greater life. Your conscious thoughts travel only to the outer edges of the physical realms, confined to the Mists of Time, without the power to break through them to the greater beyond.

When you are learning of the vibration of love you first realise these understandings through your physical body because you relate most things to your physical self. You feel the vibration of spirit through your fingertips, the top of your head and your solar plexus. On occasions you feel the cold wind that accompanies teachings. When coming into contact with a negative vibration your body registers these vibrations, over the back, the head and through a pulsating solar plexus.

As your sensitivity increases you recognise vibrations without physical sensations. You become more aware of the outer reaches of your auric field. The greater your countenance the greater the area your love influences.

With your expanding countenance comes a greater awareness of your need for spiritual protection, discounting karma. You arrive either before or after a dangerous event. Through the Law of Repulsion those of a negative nature are unaware of your existence or keep their distance.

Love speaks in the silence of your heart and the stillness of your mind. With peace and tranquillity you have no need to develop spiritually. You accept the path of learning laid for you by forces greater than you. The teachers from spirit come to such a heart and mind for your spirit can respond to what they bring. You can learn what you need for this particular step, receiving the answers to your questions, not years after the asking, but as soon as your strength has been gained through your own efforts.

Your greater self knows when you need to be still and when you need to be active, and it gives you the timing of events. Learn peace and tranquillity and you shall find joy. Learn humility and you shall find acceptance. Your greater self is your lamp, a beacon that lights your direction in the greater worlds. Live according to the dictates of your spirit and you shall learn of spiritual law.

This is the first step to teaching your physical self how to live harmoniously on Earth, at peace with yourself and others.

As you seek, you shall find. Let your heart yearn. Let your soul yearn. Let your spirit will. When you seek through your yearning, the answers shall be given to you and you shall find at-one-ment with your greater self.

Part Four - Journey of a Soul

Introduction

The Journey of a Soul portrays the emotional vicissitudes of a three-month period of isolation that produces change. I am at a crossroads. I have to choose a direction. This is a shock for I do not seek to do so. I am unprepared but outside events produce the need for decision.

This period of isolation produces inner personal dialogue with a wise man I know I know and feel privileged to know. His wisdom looks into the heart of this child and takes her through her first steps of acknowledging the deep emotional context of life on Earth with all its secret hopes, dreams and disappointments.

The soul is fluidic as are our emotions. Emotions are the lion of the Sphinx that can tear us to pieces, but the struggle can lead to the victory of the Real Man represented by the face of the Sphinx. They are the pole of Leo and Aquarius, epitomising the struggle we have to recreate ourselves.

I belong to a culture that encourages burying deep emotions deeper; barely acknowledging their existence. Most of us dare not speak of them in case we look foolish and weak and if any part of this story is going to make me look foolish and weak, it is the Journey of a Soul.

Little is said about emotions apart from the need to control them but they are real experiences that should not be ignored. Often feared, they are a part of the process of purification we must all undergo at some stage. Emotions belong to the physical life we are all seeking to evolve from. They must be acknowledged, experienced and eventually expelled but for now they are part of what makes us human and they are appropriate responses in certain situations. There is a place for anger, joy, pensiveness, worry, grief and fear, but not when

they are out of control or a constant reaction to everything in life.

We grow from the social influences of our early years in the culture we are brought up in. As we approach adulthood we want to rebel against our cultural constrictions and restraints and find a way to live with a philosophy that speaks to our hearts. This is not easy but can be done when we desire to do so.

Those of us born *baby boomers* grew up in a time of protest against the establishment. This was apparent in the form of political protest and marches, protest music, the hippie movement, demand baby feeding, bra-burning, the contraceptive pill inaugurating the sexual revolution and free love, the advent of eastern spiritual doctrines to the west, the women's movement towards equality, a desire for freedom of speech, the world peace movement, anti-structured religion, anti-apartheid, political assassination, Sharpeville, Germaine Greer, the Beatles, the twist, Martin Luther King and the list goes on.

For a long time I have known that one day I will go on an inner journey that will change me and my perception of life. I do not seek this journey but I know I will recognise its arrival. This is a journey that is made alone. When it begins we cannot expect people in our lives to understand the changes it brings, let alone support them.

Such a journey is often feared because of this but I begin this journey without fear. I am responsible for the changes that result and I rock the boat of my life.

The Bleeding Heart

A heart that bleeds is cleansing itself of all that is of Earthly love. To enter the inner sanctum of the master is to enter with

a heart bled and washed of all the trials of Earthly emotion. Where else can a bleeding heart turn to but towards the Great Spirit?

I call out that you may hear the prayer of a bleeding heart. You said you required my all, and here I now stand, bereft of all human contact. Every time I have handed my heart to another it has bled. Every time I felt joy in another it has been replaced with sorrow. Every time the laughter was shared, it was replaced with tears.

I have now stepped along the path I knew. I have shared my step with another, but it was such a short step. I have laughed my laughter. I have shed my tears. I have felt my sorrows. Yet still I know that because you dwell in all souls, I must open my heart once more. I realise that the laughter, the joy, the sorrow and the tears that were spent belonged only to that pathway; that path, so narrow, yet so filled with life.

My path will widen once more. I know this for my spirit tells me so, but I do not see it. I do not hear it. I do not feel it. What I feel now is loneliness. I have spent most of my moments with many souls. Now I stand apart from them all. The love I have received from them gives me courage to take one large step into a new life.

I will hear my footsteps sound on a solid foundation. I turn my face to your light. I know of no-one who can show me the way forward, but you. I seek your strength in my task of shedding the burden of despair and grief. That which is my due will come to me for my heart has bled. My tears are dried. My spirit is strong.

I send you all the love I have within. I tried to contain it and it has burst me asunder. I release it now to you for all those in the world who have never been touched by love's joys and sorrows.

I have known love; that outpouring of the creator. Because I have received and given love it is a natural part of my life. I do not wish to live without love. Its constant presence is a way of life that does not need a personal relationship, for its presence enhances how we live.

I have a request for love.

May I learn and understand more of your qualities?

May my life reflect these qualities?

Presence

Your presence fills my heart. Your presence fills my house. Your presence fills my world. Our love is alive; moving and weaving through both our lives and I am closer to where you are than to where I am.

How do I do this with people who are here upon Earth?

Have no personal life. Let your heart fill with love but for no particular person. Stand alone and exude its overflowing to all who come near, without seeking for any to be special to you. Do not react to your environment or those in it. View all events in the same way, their being harbingers of philosophy for you to understand; providing a stage for you to consolidate the foundation of the springboard from which you will leave the Earth when your time comes.

Let your spirit rise and become the creator of your physical life for this is meant to be so. Etherialise your material life and the loss of a personal life will be no loss at all. Your ears shall hear more. Your eyes shall see more. Through all your senses, your experiences shall teach you.

I shall support you in your daily life. I shall encourage your thoughts to ascend. I shall encourage you to accept simplicity.

I am helping you lay the path you will take when you leave the Earth and our work together resumes.

I have found someone to talk to; someone who is greater and wiser than anyone I can imagine; someone who can explain things to me; someone who can teach me. The only problem is, this someone is in my heart and I cannot see him.

How can I explain this?

This is a presence that reaches into me in the same way that someone you love reaches into you with a glance and a smile; as an awe-inspiring landscape leaves you speechless; as the harmony of a child sitting in the garden picking daisies brings a tear to your eye. There are moments in time that touch our souls and change us a little forever.

An Encouragement

At this moment stand firm and do nothing. Pray. Unburden your heart and free your soul. Pray, pray and pray. Strengthen your communication with the Great Spirit. This communication gives you your direction. You are not lost. You are not forsaken.

Many are the trials and tests for all Seekers of Truth. Are you not thankful you could not see ahead to what has come to pass? Every test is held in the balance by the result of the previous test. For you to reach people who need a word of truth calls for you to be free of all attachment to the Earth.

You will stand alone but you will not be lonely. You will shed tears but they will be tears of joy. You will resound with laughter, but it will come from the soul that has tossed aside its shackles. This is the freedom you have yearned for, the freedom of the spirit, not the freedom to live life upon the Earth as every emotion and whim takes you. Upon the Earth freedom

of the spirit is a freedom that is not shared. It is a freedom song to be sung alone.

You ask about the temple.

Have you built the temple in your heart and in your mind? Have you built the temple upon the foundation of all your experiences in life, a solid foundation as of steel and rock? Have you raised the temple within your soul with the purity of your intentions, strong-blocked with the strength of your resolve, and large with the capacity of your heart to be filled with love to pass on to the children of Earth?

You are part of what must take place when you stand firm and committed, on a strong spiritual foundation. As you grow through your experiences does your spirit quicken and your resolve strengthen? Never let one experience shatter your resolve to build the temple within.

Have you freed yourself from all that ties you to the Earth? What is denied you is not yours to hold. What is difficult to accomplish is not yours to accomplish. On a path of light and truth you achieve only what is yours to achieve.

You ask about love.

Is love not a harmonious companion who frees the heart from the shackles that has it bound? Does love not teach you joy in abandonment and joy in spirit? Does love not show you your strength, causing you never to lean on another?

Give love your blessing and remember,

Each must find his own path and his own strength. You will meet love when you should meet. Your beloved is your beloved no matter when you meet or what befalls. You will rise, as does the Phoenix, and you will be strengthened by all that is taking place now.

Give love wings. Be joyful in all that you do and wait for your due season. Remember acceptance. During this time remember all that has taken place within your soul since you first entered these realms. All that has taken place is in your soul memory and is just a breath away. Recall.

Blessings to you and peace.

I am a Seeker of Truth. People around me may not find this important but they have no perception of what I am seeking. How can I find words to explain? I am not seeking change I am seeking knowledge but change is the inevitable result of learning.

People who seek usually join an organisation but I have no interest in rules, regulations and accepted doctrines so my journey is to be an inner one and I am humbled that I am allowed this time of dialogue.

Journey of a Soul

I have come to a sanctuary. I have come to a place of rest. You have touched me. With your touch I am restored. I have peace. What I have struggled and fought for has come to pass, and so I earn my rest. With you lies my strength. With you lies my journey. I know the journey from this sanctuary is called the *Journey of a Soul* and all up to this point is the Introduction.

You have shown yourself to me. You have filled me with light. In this light I am replenished. In this time I spend with you I bathe in the still waters of your peace. Within the sanctum of my mind my spirit rules. I am learning, through tears and sorrow, that all roads are one when they lead to you. I see the world through eyes that up until now have not truly seen. This allows troubles to slip away. When I return to the world I will carry your presence with me.

I am beginning a period of communication with you, a communion I have desired for some time. I have earned this rest so my mind can close off all the problems I have encountered. I will sit with you daily and learn of your wisdom. Already you have given me a sign of sorrow to come, a silver tear, and this tear I have felt for just one year which has been as no other.

My journey into knowledge and wisdom begins with a prayer. I know that once this time is passed my tear may return. Until then I put it aside and remain in the cool still waters of your peace.

This is a time of prolific visions and the seeds of heightened observation are sown. I am seeing and hearing all that is about me with sharpened senses and I want to know what I can learn from it all. I am a blank page waiting to be written upon for I have no pre-conceived ideas.

This is an adventure into life and I do not want to miss anything.

The First Step

Why do I feel that all to this point in the journey is but an introduction?

Before a soul steps onto this path he must undergo many trials to test his ability to know a truth from a half-truth. In this he discovers his worth. Those who prove their worth are then capable of travelling this path. So many do not understand the difference between the road that is hard, difficult, narrow and full of pitfalls and the road that is clear, straight, alabaster white and rising high.

Just one year ago I saw such a clear road. At this point I have not yet stepped onto it. I now feel ready to take that one

gigantic step. This step I see mirrored in the tarot card, the Fool, for who but a fool would take such a step from the known into the unknown. I am now ready to do this, for having seen my future pathway I know of no other road I may walk.

I know you sent my vision to me so I may respond to the call of such knowledge. This is what I learnt.

"As I crossed the Rivers of Life the waters lapped at my ankles and did not engulf me. The path curved and did not straighten until I had traversed this turning. In this turning I discovered the depth of my life and my love. In this turning I was given a pause in time to reflect and greet my beloved. I was shown that my life would be shared for a time then I would walk alone for the rest of my sojourn upon the Earth.

A staircase made of alabaster and marble then presented itself to me. This staircase would lead me to wisdom and at-one-ment with the ways of the Great Spirit. I knew that once I stepped onto this staircase I would be waylaid by no-one and would share all I received."

I exhort all souls who read of my journey to discover their own pathway to their goal. Once they discover such a path they should be sure that no other can lead to fulfilment during their time upon the Earth.

Not one soul shall step onto the Path of Purity without undertaking initiations that are signposts leading to this path with its resulting peace, harmony and at-one-ment with the ways of the Great Spirit. This early path, prior to the Path of the Masters, allows for no falseness.

Each must walk the steps that have been laid by Masters who carry the Sword of Truth. To be struck down at this stage would blind the soul to his pathway of light for many years.

I exhort all who have not seen their direction but who feel they are heading towards the Great Spirit to pray every moment of every day during this critical time.

When the tests are hard it is easy to stray from the guidance and signposts that are given to guide all safely to their destiny.

At this point the pathway is hard, difficult, narrow and full of pitfalls. Many upon this part of the journey fall away because they believe such difficulties are more than they are capable of sustaining. At this point all pitfalls and tests are less than you are capable of sustaining. At this point you have not yet discovered the measure of your strength and this you will not realise until later.

Greet your hardships with joy because without them you are not destined for that alabaster path the Masters have laid. While upon the early difficult path, pray. Pray as you have never prayed before. Learn acceptance. Learn about thoughts. Purify the body and mind. Learn to love as the Masters love. Put aside selfishness, self-indulgence and self-awareness.

Many are called but few are chosen. Remember that another chance may not come for aeons of time. Those who pass "Initiations" may step onto this path with the guidance of a Master who holds the Sword of Truth before them.

Something more than seeking answers for self is emerging. Part of growing is the change of focus from self to others and the world we all share. This is apparent in the courageous and talented journalists who travel into danger to bring us firsthand information about the lives of others in repressed societies and war torn countries.

I am given steps to move from one attitude to another which is another way to look at the word *levels* and I am reminded that my focus is my choice.

Initiation

There comes a time in each soul's evolution when he chooses to live life not for self alone, but in service for others. Before this happens he is trained then tested for his sincerity. One initiation he faces after his training tests his strength of purpose. To even undertake this initiation he is required to have achieved a certain stage of development in recognition of the vibration of the Great Spirit.

The first step in this initiation is to be given a guidance from spirit.

To receive this guidance you must be able to hear or recognise the vibration of communication.

The second step is to put into action the guidance you hear.

The third step is to persevere with the action in spite of difficulties placed in your way.

The initiation, to test your strength of purpose, may be on a spiritual, emotional or physical level, or on all three, depending upon the goal you have set yourself. Regardless of how such an initiation eventuates, it always includes spiritual temptation, designed to draw you away from your direction of spiritual enlightenment. The higher your goal the more intense the initiation. Rest assured, however, you do not move to the next stage of development until such tests are passed.

When you remain on one level through not passing initiation, you develop all possible capabilities of that level but your development is restricted to that level of achievement.

I have undertaken my initiation with a mind that was prepared, although not in thought, with a heart that was keened, although it pained and with a soul that accepted. I see how preparation is subtle and knowledge is gained through many avenues of awareness. Once guidance is heard and the lesson is understood the path of action must be taken. The true test then follows.

No matter what is said to me I follow my course. No matter what my mind tries to tell me, no matter what my heart or my soul seeks to dictate, my spirit rules. I know of no half-truths I may settle for. There is always a chance that any soul who participates in my life will not understand what drives me along my course.

Each soul must set his own goal and let his destiny unfold accordingly. Once commitment is made and acceptance is understood, the pain of initiation is bearable. When initiation involving emotions includes others they may not realise what is taking place. They are the means of bringing the lesson to you.

They may also be undergoing testing but they are tied to you by their participation in initiation. This tie has a dramatic effect on you and is cemented for life, even though you may never see the person again. This tie may be ignored or pushed aside but the relationship is permanent, although often misunderstood.

Once all initiations belonging to the winding path, prior to that of the Path of the Masters are completed, the soul may look back and see that the initiations were few but were all linked. All involved also remain linked in some way. Each initiation is a process of purification, used to clear away the influence of material life, until the material and all its components no longer register as influential thoughts.

Under initiation the lesson is not learnt when you relate everything to self rather than to the cosmic progression of all involved. The lesson is learnt when all that takes place is seen as a means of maturing the soul and giving depth to mental and emotional understanding.

Initiation of the emotions is designed to test your strength of purpose. The lesson remains unlearnt unless you answer yes to these questions.

Am I willing to accept personal hardship?

Am I willing to put personal desire aside?

Am I willing to continue my spiritual endeavour that leads me to the ways of the Great Spirit?

Is nothing a sacrifice?

Do I understand what this initiation means to all people involved?

I am striving for the greatest commitment, the deepest awareness, and the fullness of understanding. My prayer is a request for *acceptance*.

I am told by others that I am too intense about what I do. I am told that I should not put all my eggs in one basket. What I think as passion and drive is seen by others as risk taking, with the possibility of failure.

Only in retrospect can the larger picture be seen, so none of us should judge ourselves or others harshly. Success and failure are never my concern. I want to bring all my dreams and goals to fruition without being concerned about success and failure, although success does sound attractive. Good planning combined with opportunities help but in the end the timing of the universe is paramount.

Intensity of Life

A blessing. We know your struggles. We see into your heart. Up to this point have not many people come to you? Have not many avenues opened before you? Have you not chosen to remain with them and their promises of companionship for only a moment in time? Have you sought more?

All seekers become aware of an intensity of purpose burning within their souls. This is the intensity of the spirit within that seeks to be released and used as intended, for spiritual work, otherwise the physical, mental and emotional being consumes the soul, causing it to suffer through the lack of recognition of the spiritual drive within. No other pathway can suffice.

Those who are to share your path have to recognise within themselves this same quality of intensity that can accept nothing less than the intention of the spirit to drive the soul on, no matter the difficulties and hardships encountered.

This intensity impels you along the thorny path leading to the Path of the Masters. Not one step of this thorny path may be circumvented. All lessons on this introductory path have to be faced. The ambition of the spirit and the intensity of its drive take you through to completion. Love in your heart surmounts all obstacles, the most devastating of which is the period when you do not see or feel your direction.

We see in your heart a deep desire to circumvent the bondage of karma. On this we say to you,

"When love and caring for all is the constant of your heart, the karmatic cycle may be circumvented. The intensity of your spirit's purpose in life is your safeguard against becoming tied anew to the karmatic cycle.

"The desire of the spirit within guides you to your true pathway of destiny. You promised to enter this Earth life and

fulfil a service. No matter how your life progresses and regardless of personal hardship and desire, you serve. When your spirit rules, material wants fade. As you progress towards your chosen pathway the light beckons in equal intensity to the light shining within.

"When you work with a group of people, each has to find his own depth. Each has to discover his own intensity of purpose, his own intensity of caring and his own intensity of love. Love is life and life leads to wisdom when you love, but only the worthy and stalwart are able to travel this path to wisdom.

"Understand your depth. Look deep within for the knowledge and guidance you need. It is given to each soul who trusts in his capacity to serve the Great Spirit. Never settle for less, not even in thought. Follow in the footsteps of the Masters."

Follow this guidance and you will be safe. When you are called take upon yourself a protective band of love, strong enough to keep all material vibrations at bay. On the difficult path, prior to the Path of the Masters, learn to control your thoughts. Free yourself from the encumbrance of material and physical thoughts.

Learn to love so you may increase your capacity to serve. This ensures your progress towards the light. In every moment maintain your strength of purpose. Maintain peace and harmony within. Do not allow one soul upon the Earth to disturb your inner peace and harmony.

I bow my head to receive your blessing, in wondrous thanks for all I have received. I can only wonder at the counsel, love and wisdom you have seen fit to share with me. I ask that this love that has filled my heart be channelled to those in need.

Everything I receive becomes reality. How can I not trust what I receive, even when I do not want to hear?

When trust, faith and belief fly out the window I am in *The Desert*. These times, and everyone has them, are difficult.

There is a great difference between book learning and learning through life. I do not like to hear the words *I know*. In this context these words tell me that the person learns from books and has a good memory. When life teaches we experience our small part in the vastness of the universe and we are then able to recognise some aspect of truth. This teaches us that however much we know, we know we do not know very much, so we never say the words, *I know*.

Fear and Courage

To the sons and daughters of Earth we leave a memory. Your path to enlightenment is the path of remembering what you are in all your forms, in all times and all places. Remembrance is the key to the picture of your greater life. By remembering, you gain control of your relationship to your life as a whole and to your karma.

Along the path, as you encounter initiations, you require strength. Strength has other names, one of which is courage. Only the soul who has courage to face the depths within and remember, passes initiations and steps onto the Path of the Masters. Those without the quality of courage tremor with fear at what is encountered.

For the sons and daughters of Earth this path of testing is full of travail. Each phase takes courage to leap the gulf between levels of knowledge.

The safety of known material life holds the seeker for a time. The first leap from known material life into the realm of the unknown and unseen life is one of excitement and

curiosity, without a thought to the consequences of what may follow.

I remember this casual jump as I sat and heard a new vocabulary telling of a way of life so new to me, yet so familiar. What I heard I did not find light. It gave me the desire to discover more. In this discovery I found qualities within myself that I had taken for granted.

The soul in quest of truth discovers more distortions and half-truths in these early stages than ever dreamt of. Does not the soul require courage when he finds himself alone in the material world, for he cannot return to that way of life he once enjoyed so fully? To whom does a soul turn to when all around seem filled with self-love and self-satisfaction? Courage is the quality that enables the soul to call out to the Great Spirit.

Alone I stand without a light. I seek your direction and your light. I pray you see fit to send me a guiding hand so I may make my way towards your light. *I am sending you a test of courage to see whether you can leave behind all you hold dear.*

Should you have courage and face my test I will send you a guidance who will show you your route to your path of light. For this you will need courage. Along this route I will take from you all that you hold dear. I will send you shadows and fears so you have to find your way alone, feeling deserted. When you cry out I will not answer. Should you still hold good to your quest for truth, I will bless you and send you a guidance.

The Earth is a place of severe testing and the rewards are great indeed. These rewards, however, you may forgo should you desire to enter my realm of beauty.

As you discover darkness and despair, you will receive the same measure of light and hope. As you discover the strength of the material world and its mind, you will discover the strength of your soul and spirit. As you entertain and leave

behind the ways of darkness you will enter the realms of service for love.

This is how you will come to me. I will lift you high and you will sit beside me. Through all you learn in your discovery of me, you will realise that you can also be a guidance whom I may send to another who is wending his tortuous way along his path towards my light.

When we study physics we are studying matter, including time and space, so we can understand our material world.

The spirit is our life force that originates in a non-material world.

The spirit is part of created life as is the physical world so I see no discrepancies between spiritual philosophy and physics. Inconsistencies lie in our comprehension of both. Many spiritual definitions are emotional so I lean towards the definitions of physics that reflect the Laws of Nature.

Vibration

The training of a master soul upon the Earth today does not always take place in the isolation and protection of a closed and sheltered community. Upon the Earth today all communities are open because of global travel. The protective isolation of training no longer prepares a soul for the reality of putting into practice, in daily material life, teachings that show mankind how to live upon the material Earth.

To bring such teachings to the people today requires he who lives an ordinary daily life in the community he is to teach in. Those who see can look towards him and know, that without special privileges he has risen above the difficulties of life, and reached a new understanding. By his example of being who he is, and by his example of living life as he teaches it to

be, he teaches. His training takes place primarily through vibration.

Until you reach the Path of the Masters you are moving in two worlds, desperately trying to maintain a balance, for the vibrations of the material world differ greatly from the vibrations of higher realms. Along this path prior to that of the masters the vibrations are vast in number, although still at a different rate to the vibration of the Earth. Training teaches you to recognise the vibration of spiritual at-one-ment, the vibration of the Great Spirit.

The vibration of Great Spirit is so exalted it can easily disperse all of a lower vibration. A soul seeking at-one-ment has to raise its vibrations to that of this spirit. Many seeking development start at the lower vibrations of Earth and seek to work upwards to the higher.

It is better to find the highest vibration within yourself, which is your eternal spirit, and seek complete at-one-ment with its vibration of love. Should you achieve this, your training in vibrations of all levels is done safely, for you become cocooned with love.

While holding this vibration of love, you are then given experiences of all lower vibrations on all levels to increase your understanding and awareness. This teaching is vast and belongs to the path prior to that of the Masters, that of Initiation. Teachings of vibrations belonging to the path of the Masters deal with higher vibrations of more spiritual realms. All on this path have progressed beyond the lower vibrations of the Earth and its material and etheric planes.

At this stage of your journey, because you encounter every vibration the Earth can tolerate, the teachings of courage, strength of purpose and intensity are of the greatest

importance. What is encountered is enough to daunt any soul that is not seeking the Great Spirit with sincerity and love.

Only sincerity and love can keep you safe during your training in vibration. Within you are memories and acceptance of dark and evil vibrations encountered during previous sojourns upon the Earth. These vibrations even now still exist upon the Earth and once again you are to encounter them without drawing them into you. They are to be recognised and burnt out, through the Fires of Destruction.

The vibrations of the material planes associated with the Earth are vast indeed. This is why strength of purpose is essential. To undertake tests in vibration requires you to be sure of the purity of your own vibration, for you must repel, with this vibration, all of a lower nature or intensity. These lower vibrations can be cloaked in beauty, but because they are lower in intensity and velocity than that of the spirit within you, they must bow to the higher and more perfect.

I sit here in contemplation of all that that has happened. When I raise my vibration no harm can enter my sphere of influence. I have encountered all these lower vibrations. I repel them. They are not of my desire. They cannot accompany me on my journey.

I understand why so many souls I have already encountered can no longer share my step towards the Path of the Masters. Although I can reach out my hand with love, they cannot understand the light I am moving towards. I can only share my step with those who have also passed their Initiations.

I do not want to walk this path alone. I pray that those who now share my life find strength of purpose and courage to take their step towards that beautiful alabaster Path of the Masters.

Only when commitment is made, may we move as one towards a deeper understanding of love, life and wisdom.

I ask that you teach me how to overcome the hurdles in life. I want to learn serenity.

Once serenity is understood, despair, desolation and fear leave forever.

This I truly desire. Thank you for the peace your vibration of love leaves me with. It chases away despair and desolation that sometimes accompanies times of difficulty.

The desire of our hearts draws change to us. People do not always recognise that the heart has spoken, and they ask, *Why me?* Our hearts know only truth and when the path of truth brings pain it does so according to the implacable justice of universal life. I watch the intricacies of life's events playing out.

The Tempest

When I look to you a sense of calm pervades me. I have just been through the rages of a tempest. All human emotion has seared its course through me. For the duration of this tempest not once could I see any solution to the problems of human life. All I had to cling to was the trust I have in those who work for the Great Spirit. All my life I have had a deep inner knowing that one day life would offer much, but before this day all misery, despair and longings belonging to the ways of Earth life would pass through me.

I ask myself,

Will I again feel the rage of a tempest? Somehow I feel this is the last finale and nothing following will have the same

impact. Through it all I stood out for truth. Within I never wavered from the truth that had to remain unspoken. To deny a truth by a word is to deny all that I am. This I cannot do.

A truth spoken without loving kindness is as cold steel. So often cold steel may be tempered with the warmth of love when the word is stayed and the moment is wisely chosen.

I stayed my word. I chose my moment, and the tempest of hell raged around me. I did not waver. I felt your presence beside me. I knew your guiding hand would sustain me. My heart bled. My tears fell. My resolve to stand firm was strengthened and I stood in silence. Around me the tempest of human emotion raged but I did not let it come near me. I questioned whether this was required of me. Once I questioned, I doubted. I could not feel. I could not see. I could not hear. I was alone.

A dawning always follows. With it comes the cold light of day which blows away the tempests of the night. In the dawning reality returns. In the dawning and into the cold light of day the time to speak is apparent, for then all may see the loving kindness that accompanies it. The spirit warms at a truth being spoken, but the heart grows cold. In the cold light of day the spirit rules and the heart must follow.

But to where, for the direction brings a cold wind?

The heart may only find the peace that the spirit offers when it has passed through the tempest with its resultant devastation. What the spirit offers must be earned. In the earning all else is left far behind. The tempest must be faced so the heart is left as unsullied as the spirit and free to move in

whatever direction is required. The peace and calm that follows allows the heart to see that the spirit does direct.

No longer will I be at the mercy of any storm that arises, brought by anyone who is in my life. I have weathered this storm as I have weathered no other. My spirit shall dictate what must be and my heart must follow, even when I cry out to the contrary. Only those who are prepared to face their tempest within will understand what motivates me.

What is spiritual contact? The answer to this question is individual to each person but through it I am educated, guided and supported.

A Communication

I have to stand back and watch events unfold from a distance. Although I am not with the group physically when they meet, I am there in spirit. My awareness is so heightened I seem to know what has taken place, what is taking place and what is to be.

I pray all will be strong for in the time ahead the tests are to be strong and hard; strong because they are important for the progress of all who seek the Master's Path and hard because they come so gently that only the aware know an Initiation is underway.

I pray daily for strength. Although I also have my tests I am aware of the far-reaching effect of the results. In the time ahead I pray all may see this to be a critical period, the effects of which may last for many years.

All who seek entrance to the Path of the Masters have to seek via Initiation. All have to undertake a time of trial, wherein

great rectitude, loyalty and inner strength of mind and soul are imperative, no matter the cost to personal desire and drive.

I feel that great forces of darkness and great forces of light are around. Only the strong and stalwart may continue. Not one soul may falter in thought, word or deed.

The Council of the White Brotherhood stand and watch each soul through this period. They see every secret desire and thought. They see the real yearning within each. Great changes are ahead. The result of this time sets the future course.

I pray all remain true to their course. No matter the personal cost all must move forward as one.

Those who find the requirements of control at this time too rigid will fall away.

I pray that none count the cost.

In the times ahead the cost demanded now is no price at all. All then will see how all benefit from the spiritual contact being built now.

At night imagination runs riot and insomnia is common. Replay of events and conversations is circuitous and eternal. With the dawning a new light brings hope, heralding a new day and new ideas. Anything is possible.

The Dawning

After the tempest of the night comes the dawning of a new day. In this dawning lies the quality of hope, hope for a new and better life.

In reality each day is a new life, with its own birth, its own life-span and its own death coming with the setting of the sun.

The tempest passed. New life is born. My spirit soars to new heights of awareness. In this awareness lies new contact and new knowledge. Once again I am in the light and able to see clearly.

I feel anew the great responsibility of any knowledge that touches the life of another. Such knowledge for its own sake is meaningless. I do not desire such knowledge, yet I receive it. Somehow I have to be an instrument of help. I see more clearly from the distance I have put between myself and my companions.

I feel forces gathering around me once again. I know a battle is about to rage around my vibration once more. This time I shall remain untouched. No force shall enter my influence unless of a higher vibration than my own. I am learning to receive only the highest light I am capable of receiving but I feel these other forces on the fringe and I know their strength.

In the dawning of my new awareness I see that all that has come to pass had to be. How else can each of us be strengthened? How else can each of us have our weaknesses brought to light and changed into strength?

The pause between tests is so slight. Always I am amazed at the speed with which they present themselves. Each time I have been caught by surprise. Each time I realise another weakness has been exposed. I look at my companions and I see their lights. I see strength in their hearts. I pray that as their weaknesses are exposed, as are mine, they will discover their strength.

In knowing weakness, strength can manifest. When the mind closes to the existence of weakness strength never becomes apparent.

I reflect upon the spiritual message of Christmas. How much have we absorbed? Do we act with joy and peace or do we react with anger and violence? I quote these words from Luke in the Bible.

"Do good to those who hate you. Bless those who curse you. Give to everyone who begs from you. If anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you.

"If you love those who love you, what credit is that to you? If you do good to those who do good to you, what credit is that to you? If you lend to those from whom you hope to receive, what credit is that to you? Do good, and lend, expecting nothing in return."

The Cold Light of Day

I have been through the tempest. I have encountered the dawning. Now in the cold light of day my soul sees what my heart felt and notes what my mind absorbed.

I felt death stand beside me but the forces that desire to bring death cannot reach my spirit. Death has no meeting with me. I know death must visit elsewhere for the message he brings may not be delivered.

Your light is a growing force in the world today and none will stop its expansion. The power of this growing light nurtures my soul and speaks to my spirit.

Material life and its relationships stumble and fall as they try to keep in step with the spirit. Not everyone upon the Earth sees beyond this material life so how can those who are ruled

by the material mind understand the drive of the greater being within?

I hear what is not said and what is not faced. I look to the eyes that mirror the soul and I read the message there. So often what I read is not what is portrayed on the face or spoken through the lips. This is my guidance to truth.

True communication isolates me more as thoughts travel the spheres and reach me, for time and distance is no barrier to truth. When this happens I look to the fringes of myself. Even though I only truly recognise your vibration I see what is being directed to me. All other vibrations I must sadly return to the poor sender for I cannot contain their malevolence.

With these thoughts I send an accompanying message of love in hopes that the sender may recognise my plea that all return to the path of enlightenment. As dark forces gather around me again, they must dispel for I am steadfastly in your light. Servants of your truth from other realms stand beside me and add their strength to mine. I am protected. Such a silver light emanates that those of the dark melt away into the distant shadows.

I know these vibrations will return once more but it will be the last time. Each time I am determined to deny them entrance. I know the power of love bars their progress. On their third attempt to come close the servants of light will give me all the help I need to dispel these forces forever.

All I experience is but a lesson and a teaching. How else can I learn to be strong? How else can I recognise a true and earnest seeker of truth? I have to be taught first. These tests and times of trouble bring their own understandings to my mind. They mature my soul. No longer may I allow a thought of darkness to enter my mind. No longer may I tolerate the presence of a violent action. No longer may I feel a negative

thought. Any of these that are brought with increased power by dark forces cannot be tolerated by my vibration.

I stand firm to live as I need to live. I speak out when asked. Thank you for standing beside me during this day when I felt alone. Your presence uplifts me and drives away the shadows that threaten me. Your love brings me peace.

Hard hitting teachings wake me up. I look at and discard ideas I hold, seeing them as stepping stones to accepting new ones. A new way of looking at things is refreshing and keeps us young and alive, like children.

The Sword of Truth

I sit on the mountain and I look over the valley. As I look below I see struggling humanity. I see vibrations rising up to meet me. As I contemplate what I see I note that all vibrations stop short of where I sit, bar one.

Still I feel the influence of one who brings me negative forces.

Thoughts of the Great Spirit and love are your protection. Why enter the battle? Why allow the armour to be dented when you may step aside? Quietly walk away from this last influence that over a period of time has brought you the darkest of thoughts and the deepest of hurts.

I could tolerate this negative vibration before because it was a learning. Once dark forces came into play I felt a light surge through me. I saw the rod of truth coming down upon a back that would break and crumble to the floor.

To bring destruction to any soul is to bring a terrible destruction to self. The Lords of Karma say, "Enough is

enough. Nothing must harm those of the beloved. Forces of darkness may test but are not allowed to destroy. All people have to see what level of vibration they can tolerate. Anything less must depart forever".

The vibratory level now has to be so high that spirit may enter with ease so that time and distance cease to matter. The servants of light stand at your shoulder. They will not come down to your level. You must rise to theirs. If you cannot rise when required you have accepted a lesser vibration than what these servants of light can tolerate.

From this moment material influences must fade when spiritual work is undertaken. During a spiritual meeting of any kind nothing of the material should enter; no material messages.

Teach spiritual truth that guides souls to their spiritual pathway. The physical and material way of life then follows according to each soul's development. No guidance for material life is required by any soul upon the Earth. The only guidance necessary is that which teaches souls how to live their material lives as spiritual beings according to spiritual law. Give souls the knowledge they need so they can learn how to live spiritually while in the material house. This has been told to you so many times. Should a soul not accept what you say, move on to those who want to hear. Do not cast pearls before swine.

Your powerful presence fills me with awe. I see how in every moment I need to be aware so my vibration does not slip for one second. I see that I can no longer associate personally with those whose vibrations do not match mine. Today I did just that and my spirit deadened within me. My body suffered. My mind was tormented. Only your presence coming to me, when I turned my mind to your teaching, lifted my spirit, healed

my body, and cleansed my mind. I love your direction although it pains my heart to receive it.

The Sword of Truth is a fearsome thing for those who step out of the light.

Anything can hold us back from our goal including the need for approval. Although freedom to choose how to live is our right, sometimes we have to work towards it to appreciate what it teaches for it reflects our hearts and our minds. To understand freedom is to accept its companion, *responsibility*.

For some people, freedom is withheld, a luxury not easily attained. The only place they can find it is within their hearts and their minds.

The Masters' Path

Yesterday I saw the mountain. Today I saw my path. Whereas one year ago I saw my path in simplicity, today I saw it in its magnitude and glory.

This path is wide, as wide as twelve roads. This path is long, as long as I desire it to be. This path is alabaster white, hedged in the perfection of deepest emerald green. It leads to the City of Jewels, a city of beauty and glory I have seen within. Having seen this direction I pray I may soon be led to this way of service, by the spirit.

The first step requires me to leave behind all who would hold me back. My eyes linger. My hand stretches out to hold on and sadness fills my heart. I have already built a life and I see pain around me as I let it slip away. I must strengthen those I love so they may be strong, ready for their pathways. I pray I do not bring too much pain to them. I have tried to guide them. I have encouraged them to build their lives. I know that in the

freedom we leave each other our bonds remain, but they are bonds of flowers, not of chains. Such bonds strengthen. They do not restrict.

Freedom is for all souls; freedom to develop their spirit lives; freedom to worship the Great Spirit.

I am so deeply aware of all the changes that have been asked of me since I first started my quest for life. You have asked my all. Until I give it I cannot step onto the Masters' Path. When I do my will harmonises with yours. As yet I still ask to choose a direction. This last thing I will give in a little while. For this I need more strength, as a few ties remain.

The world no longer calls me. The call I hear is from those who live upon her. I look into their eyes and see pain and hopelessness. No-one has shown them a path of hope, simplicity and truth. One day I may do so but I have much yet to learn before I can undertake this responsibility. This pathway of service calls me. All else, compared to this, counts for nothing.

A Day of Rest and Understanding

Today is a day as no other has been, bringing its own lesson as each day does. When the lesson is one of love, laughter and happiness I thank you for giving me the day. When the lesson is one of sadness, sorrow and tears, I stand alone in self-pity and self-centredness bemoaning what I have brought upon myself. When I wrap the light of truth around me I am transported.

There will not always be sorrows, tears and loneliness. The lessons must be learnt first. The measure must be felt.

I sit upon the mountain once more. I look down the valley and see struggling humanity. I see their vibrations rise towards

me. This time *all* stop short of where I sit. This day I can see the threshold of a new life. Hope for a life to come is reborn? Words cannot express what is in my heart. All who read of my journey shall find it between the lines.

Initiation falls away from me. A new mountain lies ahead. Upon it is that path of alabaster and marble I have so longed for. I will not walk it alone all the way. For this I bow my head in prayerful thanks.

Sometimes I am a weak and foolish soul. When my thoughts stray from the light to self, gaps in the light of your protective armour of love around me allow that one negative vibration, waiting at the fringe of my being, to enter. It brings such a negative force to me. I ask for strength so I may remain a strong and powerful warrior of truth.

Was not Samson a strong and powerful warrior, who stood faithful and true to the light? Did he not have the strength of a lion having gained control of Earthly emotions? Was he not purified and living with the strength of spirit? Did not Samson's strength flee when he succumbed to the temptations of the material flesh, disregarding the purity of his spiritual life and work?

I wish to remain as I am today, strong in love, faithful in spirit, and wise to your teachings. When my mind turns to anything other than this I am weakened and easy prey to forces other than your vibration. When your love flows through me that one negative vibration cannot reach me. I am able to send your love to this poor struggling soul who does not understand the power of thought and the wisdom of your love.

Face your inner self. Strip yourself of all you see. See the anger, the hate, the resentment and the jealousy. Feel it.

Recognise it and feel it to its depth. Feel it until it consumes you. Feel it until it sickens you and threatens your life. When you can no longer tolerate it throw it from you forever, then once again feel the lightness of your being. Once again feel free to laugh, free to love and free to enjoy life with the Great Spirit and with me. I am the light in every soul that yearns to be in at-one-ment with the Great Spirit.

I have taken a huge step in a new direction. Changes are underway and happening quickly, as much as I try to hold time to me.

Lemuria Once Again

How can I describe the beauty of knowing a truth, knowing it because I can feel it, hear it, touch it and taste it. A truth envelopes me and I soar to spirit. When I soar I understand that this life upon the Earth, when lived with the spiritual senses awakened, touches on magic. Every moment becomes charged with life and wonder. Even as I sit here alone and contemplate, I am not bereft of contact with life. Life comes to me. It lifts me out of my aloneness. I join with life in singing praises of the Great Spirit.

Where once I saw great loneliness and heartache ahead, I now see times of aloneness and a heart growing in capacity to receive and give love. My spirit feels lightened, for one by one each burden has fallen away. I am happy inside. I now know of no other way to live. Anyone may challenge my happiness to see if there is another way.

This time has passed. The few truths I expounded have come to pass. I have no fear. Who I was has passed. All I once felt has passed. In the dying of that personality so many times I heard, “How you have changed.” No longer could they talk to me as I had become so reflective.

I am to become a student of human behaviour. I shall look with artist's eyes to all I come into contact with and discover their depth. As I use this channel I shall grow in ability to function on many levels. I shall live a healthy life in a healthy body. I shall strengthen my soul to house a growing spirit. I shall use my mind as a tool for both my body and my soul. I shall learn to function spiritually and materially in every moment. I shall practise this in these quiet and alone times just ahead.

In my contemplation I am aware that the changes coming bring a seriousness. In the seriousness ahead responsibility is awakening. All those things in my past life that I used to think on and worry about no longer enter my mind. My mind has become a servant of my spirit. In this I rejoice. In these fifteen days past I have lived many years of life. I have experienced many human emotions and encountered many human situations. Throughout this time I felt your presence beside me as in times long gone.

I welcome my path ahead. Sorrow is no stranger to me. Now mingled in my experiences is joy, a joy I felt in times long gone, times that are also ahead. I have a task, a beautiful task; to once more draw Lemuria closer through the power of the mind. I will build Lemuria. In Lemuria you will come again. You will bring the goodness and purity of truth and love. All who enter Lemuria will be blessed and beloved. When you stand in Lemuria once more the spiritual heritage of mankind will be taught and worship of the Great Spirit will take place. I love Lemuria and I love the Great Spirit. I yearn for this coming day.

With all that is in my heart I draw Lemuria towards me once more, with laughter on my lips, joy in my heart and love coursing through my soul. This gives meaning to my life and I am truly blessed.

Doubts Within

What is it within me that tortures me so? Through the years I could never find that special quality in life. I never could accept what I was given. No matter what I had it was never enough. What is it within me that drives me to turn my back on all I have. When I look to those on different paths, although their eyes do not shine, they accept the measure of happiness they have been served. I would settle for nothing rather than accept less than my ideal.

I question who I am, what I have and what I seek. I can find no compromise. To achieve my ideal all else must be returned. Have I the strength to watch all around me disintegrate? I am seized with inertia. I sit, do nothing and offer nothing.

Is it the soul that drives me towards decisions I don't wish to make? Is it the soul that denies me the drive to find happiness through the material life? Is it the soul that turns me from worldly commitments and seeks the path of aloneness? Is it the soul that always says "No! This of your truth is a half-truth to me." Is it the soul that commands the mind, the heart and the body to bow to its goals?

In this moment I am bereft of your spiritual contact. All I can do is trust you will return. Without your contact I am a rudderless ship on a stormy ocean. Surely many souls who have walked the Earth before have felt a greater destiny, yet not achieved it. I feel deep within that I must actively draw my destiny to me with my yearning and with a burning desire. I cannot sit and wait for it to come to me.

Destiny is your right. You knew what it would be before you entered this realm. You need to desire it with every part of your body, mind and soul. If you do not, you will not draw it to you. So many souls have entered this realm with a great destiny but so few find the inner strength that can draw it to them.

When you have spiritual vision it is easy to see what should be. When you have only Earthly vision it is hard to accept that the drive within is all the vision given to you to decide the course of your life. Along with acceptance, trust and commitment given, spiritual vision is also given, but not before, for then would not all decisions be easy and not made according to your own light within? This harder road strengthens the inner light to immense proportions and humbles the material body and its mind to its correct position in relation to the spirit.

When you stand bereft of guidance and help yet still continue according to your inner drive, you are hearing my voice. Did I not say to you that when I had taken all and you called out I would not answer? With this forewarning why do you stand here in sorrow? Did I not say to you to greet your tests with joy, for it is only this route that will lead you to the Masters' Path you have seen?

Did not Jesus ask his chosen disciples to give up their families and homes and follow Him? For all He taught them, they continued to stumble and fall. Still they followed Him. Do not berate yourself for what you do. Your consciousness finds it hard to remain on a physical level for any length of time. Those who function totally on the physical level will never understand what drives you. When you turn to the physical mind you receive the questions and doubts others send to you because of their limited understanding.

Lift your consciousness to higher realms and do nothing. Let life on the Earth run its course. Already your soul and thoughts have committed you to an action and this is now underway. You shall have your deepest desire but you shall pay the price.

I have been exposed to suicide. A neighbour's son commits suicide at the age of thirty-two years, leaving a confused, grieving wife, parents and children. By most people's standards he had friends and a happy, successful life. This is often the case for those who take their own lives. No-one can ever know when another is contemplating suicide. No-one should berate himself for not seeing this possibility because the intending suicide hides it so very well.

I cannot experience everything. I need to learn what people go through so sometimes when I write about the experiences in my mind it is as though I am living them, but I am not.

I ask for a teaching because suicide must have a karmic influence on all concerned. Years later I ask a lady who has tried to kill herself if this teaching accurately describes suicide and she concurs.

The Field*

*I walked through the field with hopelessness and despair as my companions. Those who walked with me were of the same ilk. The lesson of that walk was the karma of a country torn by war, destruction and grief. Those who lived there had little or no control over their direction in life. All who walked that field had death as their companion. Many came to welcome what he offered, seeing him as a release. ***

I was shown such a life as would come to me if I welcomed the blackness of surrender to death. Those who draw death to themselves as a release do not realise that such a release is short lived, for the lesson unlearnt requires another class in a worse situation; the lesson of that field.

I must not recognise death. Should I succumb and welcome his release from this schoolroom I would walk that

field in a future no distance from now. The pause for reflection, before such a sojourn is undertaken would be brief.

I was shown the lesson in another way.

I was on the black squares of a chequer board, trying to find my direction. I could not move off the black squares and finally I felt myself slip away. As I slipped away so did the light of the white squares, for I was not going towards it. To live I had to find and feel the light which was my life.

I desire life. I will control the body. I will control the mind. I will drive away all weakness.

With this control the spirit can rule. Physical weakness can be the result of weak thoughts.

I am resolved to live, but as in Lemuria. This I will do. I do not desire to walk that field, rather to live in this fair land as I did in Lemuria, in purity of body, purity of mind and with the soul expressing the spirit; most of all with you at my side.

**Trenches in WW1.

Forces of Light

Death comes in many forms. He can relate to the inner self.

How may I learn to release the force of inner energy and life within that I need for my work ahead when everything that feeds the personality and its requirements is allowed to cohabit within me? When I strip myself of personality all I was is as nothing and is extraneous to the future. What is left?

A tremendous force of light that has been submerged all your life.

Dare I set it free? This is a force that can consume. Am I trained enough to channel this force?

This light invokes a great will that all around must bow to. It must be used in truth otherwise it will destroy you. The energy of this light invoked can be stolen and used as sexual energy in the body. Channelled correctly it is lifted through bodies of awareness, channelled as a spiritual force and used to purify the material body. It is the phoenix that rises from the ashes in the dying. It is the transmutation of all forces of the material into a spiritual energy that is capable of reaching higher spheres. This energy raises your vibration.

This force of light also draws to you similar forces from all the material spheres. It provides a powerful light of love and protection, stronger in radiance than that of the sun and higher in vibration. This is why the forces of the Earth bow to this light.

I cannot invoke this force yet for I am not yet cleared of all that holds me in the material world. I must be free to respond wisely and with knowledge, for such a force is not mine alone. It is the life force of all life. It will be drawn to me for the spiritual work I seek to participate in.

Jesus said,
I am the way, the truth and the light.

I have seen this light.

It shines for all to see. It has a brilliance that attracts. All must be taught of this light and how not to be burnt on the journey to its centre.

I desire to live, and this I will do, in the light that radiates within me and draws towards me all forces of light I can

contain. The servants of this light stand beside me. I feel a bond flow between us and I am never alone.

There is a warning here for my future that I do not see or recognise until now. We see and hear only what we are able to absorb at the time.

Responsibility and Destiny

Life unfolds as a pattern which repeats itself as it plays out. When an individual finds the pattern that presents his life's events, he finds the key to his lessons in life.

I am at the end of a pattern of the past with all its repetitive twists and turns. I have put this pattern behind me forever, but I feel so lost and deserted. I am about to begin a new pattern that is not repetitive for it is not a pattern of lessons. It is a single development of events.

I have to continue life as I need it to be. Outwardly I seem to be self-seeking and impervious to the needs of others. This is a hard lesson to bear. Everything I feel, think, say and do, is setting a pattern for a future that is uncertain. This uncertainty causes my pen to tremor and my mind to intervene.

I have no clear picture of this new pattern. I only know it is there. This time what I am going into was planned to the tiniest detail before I entered this realm. Everything I have said and done up to this moment has directed the course of my life to this point to enable this new pattern to eventuate. Now it may, but the way is precarious. I wait and do nothing. My time is not yet come. My desolation is acute. I feel what is ahead and it makes my heart heavy.

Every time I think, an event unfolds accordingly. I recognise my sensitivity. It refers to a life far greater than this. I must be careful and responsible, for I could so easily step

once more into a karmatic cycle to which I do not belong. I will bear a burden of responsibility unlike anything I have ever borne before. I have a new position of caretaker for a larger flock.

You give me the standard of vibration all must meet. Through me will be dictated a course of training. I must know at all times when one thought, one word or one action is not in truth. In this I am being guided towards the standard you have set.

Lemuria can stand once more, but only in a particular vibratory field. This a field that has to be attained by all who would set up Lemuria once more.

My life must be harmonised with the vibration of Lemuria. It is the only way I can work and live in Lemuria once more. I remember this vibration. I feel it often through the silver tear that has been given to me as a sign of Lemuria. Those who bring me the vibration of this tear bring me the vibration of Lemuria. In my home, in my relationships and especially in my spiritual work I must reflect this vibration of Lemuria that may flow through this world once more.

Until this vibration is achieved all thoughts of yourself, your needs and your desires must be put aside. You cannot work in Lemuria until all vibrations are in harmony with Lemuria. Not one soul may be neglected or allowed to self-destruct. The light of Lemuria only reaches those who can respond to it.

One more hurdle will emerge. Magnetic attractions and seeming love vibrations, designed to fool the mind and body and turn souls from their course tell you what you long to hear. Their fulfilment is hollow. They come with a force of great magnitude and offer all you would want to live for. With them

comes your destruction for they sap your life and energy. They are not of the vibration of Lemuria.

I sit here and weep again for what I could have and for those who wish to bring it to me. Although what is offered is strong, powerful and beautiful in its own right, it is not enough for me. I hold the future of another in the palm of my hand. I must not have fear. I must not be weak.

I always felt destined to be a teacher. When I hear the words, t*here are those who do and there are those who teach*, I am filled with despair. I want to inspire others to reach their full potential. Is this a justification for not achieving myself?

As a teacher I find that the teachers do more work than the children so I push the children hard to build their work ethics for I have noticed that those who work hard achieve their goals more than those who rely on latent ability.

When I plan outings for the children the headmaster and office staff want to come as helpers. We are studying aircraft so I plan an outing to the airport to see its inner workings and the Jean Batten display. The airport staff bring the dogs who seek out drugs to give us a show and then we are given a wonderful afternoon tea.

Another time we are studying Asia so I teach the children how to cook and eat rice with chopsticks and we go to the Chinese Markets for a Yum Char lunch. A good time is had by all.

The Teacher

She stands alone as a pillar among swirling sands. As all around her blows and sways according to the elements she stands unmoving and impervious, for her strength is mightier than all that rages upon the Earth. I ask you to look deep within

her eyes and see me there. In this searching for me can you find a mirror of yourself?

She stands alone upon the Earth. None dare question her wisdom or her life for none may hold her. I bid you heed her words for they are my words and are a truth. She stands alone, a monument to my power. I give to her all she is and now her existence depends upon what I send her. No longer may she live without me. No longer may she breathe or speak unless I send her what motivates her.

She stands alone. So often I ask that she turn from all she desires to fill her life. A pillar and a monument may not bend to elements that encompass. All may assail her. All may encompass her, but the sands and winds cannot penetrate her. She will not bend to or receive one iota of that which swirls around her.

As she stands alone she learns patience. She learns tolerance and understanding. She learns humour. She may not move, yet I direct her. She may not think, yet I send her the thoughts. She may not participate in the storm of life, yet I ask her to. She may see. She may hear. She may laugh with all that is around, yet it will touch her not, but I direct it to.

Truly she is my servant and all may look to her for my guidance. She has proffered herself to my direction. In this she waits and stands alone. What I require is steadfastness, and this she has given me. Question her not. Doubt her not. Ahead are times wherein all that will see you through is implicit obedience to my direction.

Where else may you look for that which is proffered but to the hub of the wheel which collects and channels the power and motivation for movement towards the outer rim from where my teachings manifest.

Out of the mouth of he who utters my words comes the force of spiritual life. As the hub draws in the energy forces, so

the spokes relay them to the manifestation of the rim that has contact with the world of man.

He also stands alone, for he is a manifestation of the spiritual force of myself. As she stands as an implacable monument, he moves and sways with the power within, knowing his strength is renewable through her.

As both stand alone, and yet together, bound by the forces that flow, you of the spokes of the wheel combine, harmonise and cement that combination. When this wheel turns all who see and hear what is offered in the turning will seek to build a wheel akin to that which has rolled through their lives. This wheel of progress has rolled through the lives of mankind since he first entered the Earth and will continue to do so till the last man leaves this realm forever.

I prophesise this,

All who open their eyes to see and open their ears to hear what the wheel gives will join me in Paradise, and stand in my light forever.

The Path and the Song

At some time each person discovers he has a path to walk. There are two paths, one of Initiation, prior to the Path of the Masters and one of Mastership. Although each person experiences both paths each will vary according to individual needs.

Light and yearning drives you to your path, but how developed are you? Are you able to differentiate between the source of light and the reflection of light? Many, because of strong conditioning, think the light that radiates from a person or object is the light itself. They then look to that person or object for the light. It is a sign of your progression when you see that light is only pure at its source. Everything else is a reflection.

Yearning and desire within for truth brings illumination. It is of paramount importance to set your spiritual goals high so you can learn the difference between the reflected light and the source of light, for all light burns brightly. When you have not touched upon a truth the yearning and desire for truth continues and drives you forward. It is never quelled when you have settled for something less than is possible for you to attain.

There are many paths leading to initiation and mastership. Your desire and yearning will tell you which is yours. Can you walk a path of solitude or celibacy? If you cannot then walk a path of gregariousness and work among people. Whichever path you walk, do so in a way that fulfils you. The needs of all vary. When you cannot walk one path, walk another. Whichever way you choose you will discover that your desires do not always mirror your needs.

All has its due season. Sometimes you are receptive. You absorb, and learn through your subconscious mind while appearing to be standing still and doing nothing, as does the tree in winter. At other times you are fruitful, giving out all you have absorbed as does the tree in summer.

In winter does not the tree absorb food from the soil, store its energies and be restful, ready to burst into the action of budding and growth in the spring? There is a time to grow and a time to rest. All in due season. In the periods of apparent rest do you not build within, a strong foundation and energy supply after cleansing yourself of all past conditioning?

Whatever tune a soul hears, to that tune he will dance. Souls upon the Earth also try to find a balance between themselves, especially when seeking to work in spiritual harmony. What one hears the other puts into action. In this way one complements the other, neither being ahead nor behind, but standing side by side. As each hears and speaks

the tune that is heard, the other harmonises in his own key to that vibration of sound. As the tune is heard so it is sounded. To be heard each must have within the key, tone and harmony of the vibration of the singer. The singer does not change key for the listener. The listener harmonises with the singer.

All seekers of truth discover for themselves their pathway and their song. A teacher is brought to them who can teach them, not only how to hear the song, but how to sing it for themselves. The path with a true teacher is short, for a teacher teaches those who hear how to fulfil themselves, stand alone and in turn become teachers. In this way the song is heard and the song is sung, in all tones, keys and harmonies that eventually blend with the Divine Key.

Solitude

I sit in solitude and gaze at the life of the trees. Their life ebbs and flows with the four seasons.

How is it that the ebb and flow of my life can go through all seasons in one day? In this day I have felt the spring, summer, autumn and winter. In this day have I not touched on a spiritual truth I have felt for so long? In this day has not all come to pass that I have heard all my life?

In the spring of this day was I not reborn at the dawning, awaiting the summer, the pinnacle of my day's life. The summer was so fleeting I was not aware it had come to fruition.

Oh so soon the autumn arrived with its falling leaves. Dawning knowledge fell onto my mind as do coloured leaves fall to the ground and I prepared for the depth of cold that winter brings. In this winter did I not feel the culmination of all that I had felt this past year?

I wondered why my tear had returned this past week. I prayed it would herald a joy in life, the vibration of Lemuria. But why would a tear that had heralded a year of human emotion,

herald a new event? I welcome the knowledge this tear brings me for it is a strength of the tie I have with the Great Spirit. All I have received and put away as not welcome I now accept. No more will I reject what I am given.

I understood that my sincerity and strength would be tested and this has come to pass.

I am on the threshold of a new life, one I thought I could share fully with another. I now see my life is a solitary one. Although I may share moments with love and joy, the fullness of my life is my commitment to the work in hand. I pray I may be strong in love, strong in knowledge, and strong in wisdom. I pray I may share all three with those who come my way in search of your truth.

Visions of the council bring the vibration of the schoolroom. I remember when I was in trouble the head nun's gaze penetrating; bringing to light all I was seeking to hide. She knew everything. The presence of the council is like a test and I am a child again. I am fortunate to be in the company of these esteemed beings who care, but I always feel we are fortunate to be in the company of anyone who cares about us or whom we care about.

The Council

The Masters of the Council return once more and sit in circle to observe all that takes place. So motionless they sit. All vibrations coming from all concerned swirl at their feet and touch them not. They sit in serenity and peace, with perfect control of all that is within and without. They observe the development of all concerned, and compare with what they saw last time they sat in observation. The question they put to all is, h*ave you learnt to love the Great Spirit, and all life as the Great Spirit?*

Each concerned must look deeply within to see whether all that is done in life mirrors the quality of this question.

When you have learnt to love the Great Spirit you have learnt to live each moment of your life without thought of self. Each moment of life is lived to enhance the progress of all of mankind towards oneness with the Great Spirit.

As this question is asked by the Council the answer is observed. Their penetrating eyes see deep into the soul. They see all that has taken place between then and now. Another question is then asked of all concerned,

Will you love the Great Spirit and all of his creation from this moment forward?

Each concerned has already answered the question the minute it is asked. The answer is read by the Council before it comes to thought in all concerned.

This is how your progression is noted. This is how what registers in your heart and your soul is understood.

I feel the depth and quality of the love these beautiful beings emanate. I tremble that I have dared to think I may walk such a path and follow such venerable leadership. Even though I tremble I still desire to do so. Love within my heart is not quelled but I must no longer direct it myself. The beloved must be a higher quest. I have been given love to nurture me through my alone moments. No longer do I feel sorrow. No longer do I invite sorrow to enter.

My lesson now is one of love. My tears have been shed in that time already past. Any unshed tears are not for this journey. The past saw the beginning and end of sorrow, tears and desolation. No longer do I welcome these visitors. My lesson is love and no Earthly love is this. I have commended

my life to a greater cause. I welcome all this cause brings to me.

The Council brings tidings of times to come, but this is a little way yet. I have emptied my cup but it may be filled from their light. Until I greet their tidings I will learn all that comes my way. Then I will step over the threshold into a new life.

I kneel before the Council to receive their blessing. My heart quickens at what is offered. I no longer doubt what I may do. I will see and I will hear. I will do many things in the name of the Great Spirit that I never thought possible and all will be natural.

In this I rejoice. In my fulfilment those of my influence will be fulfilled. I can show others the lesson of strength, the lesson of perseverance and the lesson of love. I can dispel the doubt, the tremulousness and the feelings of insignificance. I can show that all are worthy of the love and direction of the Great Spirit.

When I feel alone or lost over the years the paragraph S*trength says* sustains me. It helps me comprehend when I cannot fully understand and I read it again and again.

Strength

Why do I feel there is unfinished business ahead? Why is it that no matter what comes to me I must stand strong and firm? Why is it that I must always comfort others? At times this is a burden that is too much for me, yet it is always so. Am I never to be allowed to lean? Must I always bear the burden of full knowledge of affairs?

I call out to you again, as I do so often. Where else may I turn in my hour of need? What comfort ever comes to me apart from what you bring? Are you to be my only comforter in all my time upon the Earth? Must I turn to you so often? Others seem

to cope with life and not seek your face as often as I do. Each day brings a trial I must face alone. Each time I pray it is the last. I feel so deeply things that others do not hear, see or feel. I have lived with my hopes and illusions for just one day. Now I feel reality. All I hoped to achieve is pertaining to the Earth and this is not my path. I ponder on what could be and I doubt its reality.

You shall rise as the Phoenix to a greater dream. Strength is necessary for what is ahead.

I would like to meet strength face to face so he may take the pain from me. I do not desire strength. I would like another to have it so I may bask in its reflection. Of peace, all I have is a memory. Of serenity, all I have is a memory.

To achieve this once more you must rise above Earthly emotions. The quality you do not desire to have is the quality that enables you to rise.

I see the lesson. It is understood. What you bring to me is not what I desire. Once again I must stand alone but I will accept strength as my lonely companion.

Strength says,

You reached out to me before you knew the depth of my quality. You called me to you by the power within you. I came. Here I sit as your constant companion. In my footsteps follows a greater love; that which will fire your heart and burn within your soul. In due season, you will be ready for the passion of this love, for you will have been through the fires of purification.

Until this comes to pass I will sit beside you as your constant companion, so none may draw close. Those who have not entertained my countenance may not step within my reach.

It is I who hold all at bay so you must turn to the Great Spirit for the comfort you need. Although I bring comfort to you it is a cold thing and your heart is destined for the warmth of fire. Your time is not yet at hand. In the pain of daily life reach out to the Great Spirit as you always have. He will draw close to you. Love is in your heart and it is this that draws to you all in life that brings about your destiny.

The Group

I sit with my companions. They share more than they realise. They share a deeper memory than what comes to their minds. Qualities of the past supersede the present. The beauty of past memories is stronger than any pain or hurt inflicted within our companionship. No matter what is said or done, each has been all relationships, one to the other, so none supersedes. The constant in our lives was love, is love, and will be love.

I see their hope, their pain, their joy, their loneliness and their sorrow. Mainly I see their love. I see love so much because it is understanding and healing. Why do they not see love's great power that can transcend this one life? Why does each still hold in the secret confines of the heart that which blocks its full expression? Why does each not see that all in life has to be experienced either now or in another time? I cannot block the flow of love from my heart. The root of this love lies deep within my soul. How can I ever explain the deep commitment of love, unlooked for, yet given to me?

Many in this Earthly life sit in spiritual contact seeking evolvement, not knowing this is done through the love of their spiritual family. This is their true heritage.

Some of us have had recent contact. For others the time lapse has been long. No matter what has taken place from our nurturing until now we have been given this opportunity to work as one for a greater cause. In this work we can unite once more. Are we not destined to meet again those of other spheres who share our task?

Should all open their hearts and souls love can flow one to the other. Fear of pain and fear of hurt inhibits the flow of love and inhibits the work for spirit.

The comfort, strength and love you bring me are all I have to carry me over the threshold to the light of the road ahead. The ideal of my commitment is a barrier to accepting anything less than an honest commitment from others. I may return to loving companionship, but in this I am unclear. I must know of the intentions, commitments and dedication of all before I return. I must feel and trust that the vibration and harmony is the vibration and harmony of Lemuria that you have shown me. I seek to deliver your message in the manner of purity and truth it deserves.

Clarity

I have travelled through stormy waters. I have been propelled through choppy seas. Always I have been moving. I have been becalmed on a large sea. I have reached calm waters where the sea looks like glass and the waters so pure, clear and still that the ocean floor can be seen below.

From that ocean floor grow beautiful plants in all their colours. They are the fruits of the Earth as much as those that grow on dry land. As with all things that grow, their beauty can only be seen and appreciated when they are nurtured in ideal surroundings. When the seas are stormy or choppy, all that grows in the depths are hidden from the eyes of those upon the surface. When the waters are still, calm and serene, the beauty of the depths reaches out to the eyes of the seeker of beauty.

I feel peace and serenity with life. I have lived a personal life when I related all events to myself. A truer meaning of life has been given to me. Because of this I weathered the storm. In the weathering of this storm I learnt much about the Earth and the hold its magnetism has upon the thoughts of all who live upon her. I have felt spirit draw close and lift me above the Earth's ways. Because of this I will now live here accompanied by a spiritual way of life.

You have a role in this short Earth span. You can be a strong and faithful servant working for the Great Spirit. Give love and healing to all, even if only for a moment and you can achieve a constant peace and serenity. Life can be lived impersonally and offered to a greater cause.

When your thoughts are detached they rise to the Great Spirit and you live more fully, participating in what is taking place in the present. In the giving of this life to a greater cause you lose nothing. It continues as it always has, but its events do not touch you because your heart follows your spirit.

When you do not seek events in life to be channelled according to your pleasures and desires, you accept what comes, able to be a harbinger of events and a channel of love. Do not concern yourself with the effect of any event. Do not fill your mind with thoughts with what might be. Each event has

the purpose of leading you towards enlightenment, teaching, or healing.

Share what you have with seekers of truth. Draw them to you by thought and all will meet as intended. Their numbers are many. Their lights can shine in a glorious way. With our blessing draw this day towards you.

I am looking ahead to a new time with new places and new people. I do not know where and when this is to be but I know this time is approaching. I am patient, not wanting to hurry change because the outcome is uncertain.

The Golden Dawn

I sense a deeper reality to life which heralds a time of contemplation. As I gaze into the distance I see a Golden Dawn stretching across the horizon. This Golden Dawn looks like a Golden headdress, filling the sky as it moves towards me. Suspended upon this headdress are pillars of light of iridescent blue, silver and gold. Twenty-four are their number. Through these pillars of light comes all I am ready to receive from greater spheres.

I cannot comprehend the wonder of what I see ahead. I know this particular life brings to me, at great speed, all knowledge I need to achieve and complete some work. This time ahead brings me a time of communion with greater beings of light. I must be purified of all the iniquitous ways a material life has given birth to. I feel the emanations from Jesus as he sat in the Garden of Gethsemane and prayed to his Father asking for understanding of the two worlds.

Knowledge from greater realms may only come to the material worlds through a purified channel.

I have looked upon the countenance of many of those working to help all men and women enter greater realms as one body. This is a wondrous sight.

Although many enter for a time, few are illumined to the stage of permanent residence.

Beyond this threshold I perceive a new life. I greet those Illumined Ones who will guide my footsteps. No longer do I look to left or right.

This threshold is a pause in time to contemplate the Divine Plan and learn to love the Great Spirit and all of His creations.

The past and its events have left me. I have settled those affairs. Those in my life now stand in their own strength. No longer need I tarry. My eyes look forward to what is ahead. My gaze is steady. My footsteps are certain. I have built my foundation and now I begin my journey.

The Golden Dawn heralds the Path of the Master leading to Illumination.

The Age of Aquarius is upon us. It is an age that relates to the mind, both the higher and the lower. If we can learn more about man's spiritual nature this may help us live our material lives more joyously.

The spiritual aspect of who we are can complement our material lives as we work to provide the necessities and the good things in life that are available to us.

I reflect upon the draw of spiritual goals but this does not lessen the need or desire for material goals. There does not have to be conflict between the two.

Reflection

I no longer feel the pull of material life so I reflect upon the qualities of the spirit. A strange resignation has come over me. I feel an urge for spiritual growth. I am learning acceptance even though I do not fully understand.

Reflection upon the past is no use if it does not become a step into the future. Acceptance is a lesson only truly understood by the spirit. For this the conscious mind is inconsequential.

I see a world full of souls drifting towards a light, pausing there for healing and understanding, then making their way purposefully towards a greater and more brilliant light that their opened eyes can see.

As a small light, one person may help those who have not seen for a long time, that they may once again behold the Illuminative light that directs them to their path. In this way one person becomes a signpost that directs others to greater things.

I am a silent observer of humanity. I speak a direction only when asked. At this threshold I see your hand as it beckons to me. I go towards you for my direction. I bow to your countenance. You have handed me into the care of your Illumined Ones.

My life no longer belongs only to me. I am permitted to receive perceptions of a greater life. I am privileged. I am alone yet unafraid. Because of my awareness of your presence nothing on this Earth can bring me fear.

This is the only time I have had a vision of nature exerting her powerful capabilities. It is a warning that man should treat nature with respect and choose places of abode with care.

A Vision

I had a revelation of what would be and it made my heart light. I was taken into Spirit so I could look down on all that was happening.

The firmament cast over and grey was its colour. The sea became turbulent. All that reached this shore came from a far-off land. The land of this shore cracked asunder and fell into the sea which frothed, bubbled and boiled. The power of the seas that claimed the land was from a mightier source.

On this grey day when man was blind to the rays of the sun, I moved further inland. Below me I saw such a sight of nature. To many it would seem a desolation and destruction. To me, from where I was situated, it was as though the Earth was reclaiming what was rightfully hers.

Where once were man's habitats, there were boulders of granite and rock of immense proportions. Upon these boulders were streaked colours of the inner Earth for she had heaved to reveal her inner self. The colours were cream and brown, though I wondered as I looked at them whether there were not also the colours of ashes. I cannot say.

Although destruction had come to man, the Earth was beautiful in her regeneration. My heart went out to her for all she had had to do to restore her soul to its natural glory.

I saw how families were parted when those of fear would not lift to spirit to be sentinels to what would be. I saw the misery of those who would not recognise the life of the spirit. In this lies man's destruction. How can people say the shores of their land are safe from what has been ordained, when souls of great iniquity dwell in all countries?

What will be will be. In time man will see a power greater than himself. In its manifestation he will learn of a greater life than he knows of in his present phase of evolvement. He will then sense a greater life within himself and will bow to the power of the Great Spirit that has been invoked.

Over the years people have spoken about their feminine side and allocated emotions to this. We all have to deal with our emotions so I ask for a teaching about the feminine aspect of our natures.

My Mother

All that pertains to secret knowledge comes through me. I have come to Earth and participated in a life as have you. Not once did I forsake what I was for a lesser ideal. No matter what befell, I am that I am. No matter what befalls, I am that I am. No matter what will befall, I am that I am. Blue is my mantle, and my time is come. For woman to be understood once more upon the Earth all her spiritual qualities must be understood first.

I have always stood as a symbol of a gentle power because through me comes all regeneration of life. I am symbolised by dark, warm places. My luminosity reaches into every place of concealment created by man. It is so long since my iridescence has been permitted to shine. My luminosity shall now show the world all that has been hidden for aeons of time.

Man built an image of himself that needed a contrast so he could be seen as he desired to be seen when his image was not of light and truth; when it was but a reflection. All qualities he abhorred or did not understand, he attributed to me. For man to reveal "I am" and discard the reflection, he must first understand me. I also am Alpha and Omega. I also shine. All

that is of truth is seeded in my darkness before being brought to fullness of bloom in light. All that is of darkness is of me. All that is of light is of "I am".

To understand the light you must understand the dark. Darkness is of seed growth, nurturing, strengthening, receiving, quietening, listening, depth and quality. It is not of evil. All that man has not understood he relegated to the dark and called evil. As my knowledge seeds I project it outwards where it may manifest as light. Does not light ever seek the dark, secret places to absorb?

I have seen the iridescence and luminosity of my Mother enter the bowels of the Earth. It caused the darkness to take on a different hue. The darkness of my mother has a resonance. It is an illumination for the bowels of the Earth. Everything man did not desire or understand, he assigned to this place. All who live in this way live in ignorance, awaiting the light of my mother to penetrate with a glow, and nurture to seed, all beauty latent in all that man has discarded.

As I come to iridescent light there is a rejoicing, for ascension is at hand. Ignorance and confusion are to be dispelled.

I have heard the cries of these poor beings who live in such places, and to whom man can give no answers.

The love of the Mother shall nurture growth within all her children, so Earth, their host, may be free once more.

Man has looked to the Father and seen his manifestation, thinking it to be whole. I have looked to my Mother and seen her manifestation which completes the whole.

The light and dark are one. Both are beautiful. One without the other is imbalanced. Man sees the imbalance then distorts what he sees. The Mother has returned to the world of man. The whole shall be restored. Truth shall reign once more.

The quiet strength and the light of my mother shall be taught once more so people no longer fear the dark but see its illumination.

The Masters' Task

Over centuries of time the yearning of souls for truth has been recorded in the Earth's magnetism. During these centuries Masters have come to the Earth, taught disciples and established schools of learning. Always they have incarnated into the most spiritually progressive country of the time. This has resulted in an uneven distribution of places of learning in the world.

When Masters are alive upon the Earth the quality of their teaching is magnificent. After their passing said countries later decline, have very little influence in world affairs and become pawns of major nations. With the political influence of churches and religions, with the hypnotic draw of the cult of materialism it has now become nearly impossible for Masters to incarnate and achieve.

In ancient times, because of limited travel, teachings of truth remained in the society into which a Master was born. Sometimes these teachings made their way throughout the civilized world. In recorded history of the Earth, eastern countries, homes of incarnated Masters, although becoming disadvantaged in life style, have continued to follow the teachings of these Masters to some degree. After these Masters passed, over periods of time, those capable of continuing the teachings with integrity diminished. The

teachings were compromised and fell into disrepute. Now some of these eastern teachings have made their way to the west in a diluted form.

At this time the Earth has shrunk because of global travel. Western society, with its materialistic culture, has had a global impact that inhibits the progress of incarnating Masters. All countries now equally provide a setting for incarnations of either Masters or their teachings. Although Masters are few and disciples are few they are still usually born into the society they are to work in. Their training can be completed through the Illumined Ones from within and their teachings can reach all communities throughout the world.

To restore the Earth's equilibrium, as conditions become favourable, Masters may incarnate or send their teachings to certain points in the magnetic field all over the globe to achieve a symmetry of manifested light that can draw in cosmic radiations.

The impact of their teachings can be felt globally by those with spiritual aspirations who are ready to take up the Sword of Truth and continue a spiritual regeneration begun by Masters in this time.

If a map were drawn connecting these locations, a geometrical pattern would emerge over the face of the Earth. Some areas have been depleted in ancient wisdom for so long they are ready to become concentrated areas of learning.

Cosmic law is taught through the Illumined Ones. In the past such teachings have been adapted to the ways of the culture being served. Now cultures are worldwide. There is great confusion because of a plethora of available teachings from the past that had been made available to specific cultures.

Teachings of truth are now universal in nature, without connection to a specific culture, society or religion.

Regenerate wisdom shall teach men and women freedom of the spirit, showing how to complement each other in partnerships. Such wisdom is glorious, unread, unlearnt, yet experienced. Once more the word of the Great Spirit shall be heard.

In all that is said and done in lands of my Mother, by my Mother, and for the people, there will be a consternation to follow. Upheavals upon the Earth have been prophesised and will not all be of a physical nature. Those who have prophesised what will be do not know the manner of the events. Much of what can be learnt can cause change in the foundations of society before the foundations of the Earth move physically. Outcomes depend upon whether men and women upon the Earth today learn of my Mother's universal truth.

The task of modern Masters and disciples is to bring people to the ways of the Wisdom of the Ages, to give them opportunities that can stave off physical regeneration of the Earth. Should men and women lift their minds they may still regenerate the Earth with the help of spiritual vibrations of light that can travel along the geometrical patters, set up around the world by Masters of Light. Man still has a short time to save the Earth from the physical upheavals required for her regeneration.

We are finite beings yet we are also creators. We create our lives with our thoughts, words and actions. Thoughts are unseen and when they come from what is noble within us they create what is noble in our lives. The creator of all life creates through an aspect of inner self that is also unseen. I cannot know of the creator but I am using the word *spiritual* in this context. S*piritual Sun* is more an allegory of creation beginning with an unseen aspect that then manifests in the visible world.

The Power of the Spiritual Sun

It is given to me, the power of spiritual life, so I may put pen to paper. To those who read these words I am instructed to say,

Read not the words alone because the message is not contained in that which leaps to the eye. The eye serving as the mirror of the mind may be trained to mirror the soul. Knowledge of spiritual life and its joy in creation is between the written words that are a trigger for the spiritual mind. These words portray a deeper meaning to life than the material mind can hold. Thoughts and words both written and spoken embody a power of creation, either spiritual or etheric.

Focus your mind on the glow of light as in the central core of the sun. The sun is the physical counterpart of the light that glows within the spiritual sun of this sphere. Yet the beauty of the spiritual sun is but a reflection of the radiance of light in the realms of your heritage.

You are to return to the realm of your heritage that is your spiritual home. Your heritage is a time and a half away. It is from this realm you ascend, not from the Earth.

The spiritual sun is a place of great radiance and beauty. It is a station house of power and light for glorious spiritual Beings associated with the gross material planes. These Beings of Light, from the Illumined Ones, use the spiritual sun in their work. Through it they filter to the Earth, cosmic radiations from greater sources.

These Beings of Light dwell there as higher thought. They live in the light. They live as light. They project light.

These servants of the Great Spirit, from the spiritual sun of your spheres, are one of a number of beings, who serve the Great Spirit and mankind. All that man requires for his spiritual

growth passes through the hands of these glorious Beings. It is their ministrations to you that allow you to receive for a time, the vibrations of love from realms higher than this. They are involved in your evolvement.

You may enter the mansions and treasure houses of the Lords of Creation. You may receive what is rightfully yours should you generate what is yours to receive while you live in the material realms. These mansions are many. These treasure houses are unbelievable in number. The range of learning, growth and evolvement is limitless.

Never cease in your striving for the truth and wisdom of higher realms. They are your heritage. They are natural to you. Let us unite in prayer to the Great Spirit in thanks for the glory of life that is both behind and ahead of all of us.

I reflect upon Martin Luther King and his drive to achieve racial equality. His words are like music, inspirational and hypnotic, drawing the listener into his dream; his heart's expression and his soul's purpose.

I Have a Dream

I am bathed in your light. I am renewed in strength and vigour. I seek to serve with no voice of my own for you give me words of light. You give me words of wisdom. Your words lift my heart as they would any heart of those who choose to hear. I seek to mirror your light when I speak your words.

"In my dream I see all of men and women standing before the Altar of the Lord, clothed in robes of light, tied with the Mantle of Truth, and girthed with the Girdle of Wisdom.

"In my dream all men and women speak with the voice of spirit and reach out a hand to all life that is not yet of your wisdom. The voice of spirit thunders from the mountain tops to reach the hearts of all in the valleys below. It booms across

the oceans, carried by the winds to the four corners of the Earth.

"In my dream all men and women rise to join in the chorus with the voice of spirit. They step forward to the Altar of the Lord to receive their rightful due and participate once more in the stream of spiritual life and evolvement leading to realms other than this.

"In my dream all men and women once more sing the song of creation and harmonise with the pulse of the universe. They are the voice in the wilderness with a song unsung, but in my dream they sing their song, a song of praise for the gift of life and the joy of renewal. Their song is of the promise of the Great Spirit.

"I hear this song as it is sung by men and women with the voice of spirit. I lend my voice to the chorus of this song of life. In this song of joy I hear the words, *The Father and I are one.*"

The word responsibility sings out hope that generates courage and purpose so we can achieve our hearts' aspiration. With courage we move beyond dependency. With purpose we acquire the necessary effort to produce what is worthwhile.

A Communication of Trust

I sit in meditation and pray to the Great Spirit. My eyes are opening. I receive another vision. I see ahead to a future of a time and a half.

I see into the future of another time to which I will bring a serenity and peace that I will carry from birth to death. In this time now, before this future, I am building all I will need for me to continue the work of light I am commencing now.

In this time now I am also laying a foundation for this future time. My thoughts today build tomorrow. They pledge a continuation of spiritual work.

No longer shall I allow one thought that could impede this future. When I re-enter the world of spirit I will be cleansed of all I encounter now upon the Earth. My doorkeeper shows me his face and I catch a glimpse of the "*I am"* within the "*me"*. I have not yet seen the "*I am that I am"*. This I shall strive to encounter in this future time.

Those I reach now may train those who can train me in this future time. The generations move on to ensure spiritual work continues through this time of turmoil upon the Earth. The responsibility of future events lies within my destiny now.

In this you are a servant of the Great Spirit.

When the teachers present themselves, they stand slightly behind my right shoulder. Their presence is grounding, filling me with certainty. How can I ever feel alone? What they are pervades me and I am changed because of their presence that, without words, always acknowledges what lies deep within me.

Have Faith

In all your times of trouble I stand by your side.
I help you in each hour of need.
Not once do I desert you when this hour is upon you.
Turn to me as I stand at your right shoulder.
I am always there.
Your heart is still filled with love.
You wish love to share a step with you.
You do not want to move on alone so you turn your head and wait.

You may not wait. You must move on. Your work is your love. One day your love will share in your work. All will unite in due season.

Do you not see how you desire? You seek for those you love to walk ahead at a fast pace so all may follow. Remember these words. Spirit is patient. We will wait. You are seeing to the future. Have patience and wait. A love such as that which dwells in your heart is everlasting. No moment in time can destroy it. This love has been nurtured through many realms and many times. It is destined to continue.

Have faith in love. Have faith in spirit. Have faith in yourself. All is ordained. All is well. Send your love on wings with the blessings of spirit. Remember, through all your sadness I am here and will remain at your side. Never feel alone. All is understood. One day all will be made clear.

These visions take me to places beyond imaginings where for a moment in time I may live and experience another life; able to bring back with me what is offered to enhance my perspective of two intermingling worlds.

I Give You a Love

What do you see in this realm you have stepped into?

I see light where I may dwell for a time. *What do you hear?* I hear the voices of the Illumined Ones. I hear a vibration of sound that emanates as music to my ears. In this music I hear the sound of creation.

You are in the realms that are I am manifest. The sounds you hear are my form manifest. I exist as a power stronger than anything upon the Earth. I dwell everywhere in all my discernible forms, but in varying degrees. The higher the vibration the more I am apparent in transcendent light. The

lower the vibration, the more immanent is my manifestation. I reveal myself more strongly for those with abundant knowledge of Me. I show myself to those who live in purity and light.

What do you learn in this realm you have stepped into?

I learn that life is precious. The life of all is my life. Has it not been said, "No leaf falls but that the Great Spirit makes it fall?" I feel all life and I am at one with the Great Spirit. It is the Great Spirit that allows nature to perform her creative tasks. For this nature needs our care so she can work according to the plan of the Great Spirit. I learn that the greatest gift I can receive is love. I see only souls with sincere and loving hearts to which I may add my gift of love.

How will you tell of what you have seen?

I will proclaim from the mountaintops to all who will hear. My voice will reach all in the valleys below. The love I have received glows with such brilliance that others will gravitate to its light and bathe in its splendour. I will tell those who see and hear, of the message of love the Illumined Ones have for all.

What will you say to the people?

I will speak the words you have given to me.

In future times, over many generations, those living upon the Earth will be asked to acknowledge the light of the Great Spirit. How many will deny the spirit? How many times will they make this denial? Many Masters have been sent to the people of Earth and shown them the ways of the spirit. Those who prepared their hearts and souls saw a manifestation of spiritual light. Others continued to wait, oblivious to what was shown but not recognised.

Learn to recognise the spiritual light within. If you cannot recognise it within your own soul, how can you recognise it within another? How can you recognise the glory of a manifestation? Take up your cross. Bear it with a smile on your lips and a song in your heart. Do not focus on the material ways of the Earth. Along this path bring only your heart. Speak with the voice of sincerity. Manifest your light with words chosen carefully.

Receive a blessing. As the capacity to give develops, so does the capacity to receive. There is love enough for all. When I give love to you I give to my own heart, for you are in my heart and I truly love you.

The Truth of Life

I am in awe at what I have seen and heard. I was told all would be made clear and so it has. I have been shown the purpose of the past, all thoughts, feelings, emotions and actions. I have been shown who I am and how I may be. I have been shown the source and maintenance of life and this is no Earthly energy.

I do not want to live only as a being of Earth. I am an alien in my own land. I live for the greater life. There is a connecting path to the greater realms and the soul drives me forward to making this connection of light. The confusion of my blind movement towards this connection was a correct course. No other would have led me to where I am now.

A strong connection is being built during these months to come. Once this connection widens, you will be more aware of your direction.

The loving beings of light are a reality to me. I follow their guidance. I hear no other voice. I see no other vision. I give no

material direction to another for such direction does not come from such beings but from my spirit lifting short of their realms of light, pausing on the lift at the memory banks of Akashia. I do not seek what is held in Akashia. That is a source for other goals. My goal is life eternal and ascension from the attraction of Earth life.

I pray I may be wise in my decisions. I seek the Wisdom of the Ages aware that it needs a channel of purity.

I am the Way, the Truth, and the Light.

These words ring true. They are the call of the Greater Spirit.

The Command of Love

As only one who lives upon the mountain can, I sit on a rock and look down the valley. I see the evolution of man as is apparent on the Earth in all stages of development. This observation gives me certitude of life immortal and eternal and I recall my own soul's evolvement.

The Earthly mind grasps at promises of glory. It exults in moments of grandeur. Alas, the soul does not grow upon such promises and achievements. It is nurtured in the lakes of the spiritual womb where it learns to strive for completion.

In passing through these spiritual portals the soul bids farewell to its sense of completion. It commences a journey of experiences through the material worlds.

As man, I forever seek to forge links that will enable me to feel complete. I remember that I was not always alone but my memory is vague and my vision is veiled. I strive for some link that will recall my heritage.

My memory of completeness drives me towards a spiritual union. My Earthly mind rejects this natural awakening, for in it is not the mind trained, quelled and commanded by the spirit unified with the soul?

The beloved rules the soul and commands a gentle obedience. The Earth is not its womb. Union does not give completion. Sadness lingers, for the Earth commands her own performance and her requirements must be met.

O soul, still the yearning. Bring peace to the mind of Earth. Time must rule for now. Events belonging to time must be played out.

O heart, be still. Quell your promptings. You beat to a tune that is not played at your doorstep. Be ruled by the soul.

O mind, recognise your task. Choose wisely that of your commander.

The Solitary Path

The lilting refrain of silence teaches me of you.

A new pattern has emerged but it is built into the strains of music played by the old pattern.

My destiny is written. Love in my heart is unchanged and unwavering. It leaves an imprint inerasable. My path is solitary.

I give my love wings, and it wings its way back to my heart.

I give my love wings and a captive bird is set free.

The eagle flies and my future is solitary.

I have love. I have life.

Wisdom, that ethereal mystic, plays upon my heart yet eludes my grasp. To her I dedicate strength, that cold being who stood beside me for so long, and now beckons me

towards him once more. Through the grasp of strength and love I shall have Wisdom accompanied by peace.

I give my love wings and I sow the harvest.

In the autumn of my years I shall harvest the crop and receive what I proffered; only it will have increased fourfold.

Reap the harvest of souls.

Gather in the eaglets, strengthen their wings, and set them free. Their flight is an acknowledgement of a Divine Plan.

The Closing of the Path

To all who read *The Journey of the Soul* and undertake their own journey, know what a strange path is being trod.

Along this path I encountered many obstacles. Each time I thought the way had become smooth and complacency slipped into my soul, I was shocked out of such a state and underwent the torments of a soul seeking progression. Each time a difficulty came, whether physical, mental, emotional or spiritual, I encountered a depth of pain for each lesson.

Pain is part of Earth life and must be experienced to gain the full impact of spiritual depth. If the pain of birth, growth or understanding is bypassed or repressed there is no full realisation of what is taking place.

I did say, *Please speed my lessons*. This speed did increase the intensity.

Whenever a soul is progressing it is developing sensitivity and control. Should one outstrip the other, safety is in jeopardy owing to the accumulation of forces around. Every thought, word and event is measured. Each becomes a learning.

Sensitivity gives the lesson in advance. Control ensures it is understood. Everything must still be felt and experienced. When a lesson is too difficult and is sidestepped through choice there is no harm or judgement, but growth does not take place. The soul remains on that level of contentment until the urgings for progression urge it to draw the learning it refused towards itself once more.

Learning is varied. Much is given to the soul as it learns to listen to its own promptings at every step without relying on what another advises. Faith and trust in the soul's promptings alone are progress. All a soul receives is put to the test for accuracy, before faith and trust in spiritual inspiration is understood.

So many times my soul told me of the test to take place, yet I was surprised at the method used. I have learnt that every person a soul comes into contact with is used at some time to draw a lesson close. Although advanced warning of the lesson is given, often the person used to bring the lesson close will surprise.

Lessons undergone are often repeated many times to ensure constancy.

I asked that I never be allowed to become content or complacent. I asked for whatever was required to occur to keep me from such tolerance.

To all who seek such a path I remind them that many depths and understandings are for them, the greatest of love, the depth of loneliness, loss, stubbornness of spirit, an implacable search for truth and continued love for the Great Spirit. The hardest of all is the necessity to make choices and

hold to the choice made. Many times the scales seem balanced and choice seems impossible, yet to learn and progress means a choice must be made.

Each time there has been a lesson spirit has drawn close with loving support. For these helpers and teachers I ask a blessing. This part of the path is coming to a close. Although a new avenue is opening this last part of this particular journey is the hardest of all.

Part Five-The Initiate

Introduction

The Seeker looks for truth. The Initiate actuates what truth teaches so it becomes productive. What begins in the spirit world manifests in the physical world.

I have a different life with new places, new people and a new direction to who knows where. Life gives creative ability but the direction remains uncertain and timing not ascertained.

Teachings are more personal but their vibration is familiar. They come from an understanding or people in inner worlds I am at ease with. The teachers are close and respond with an answer whenever I ask a question.

This is the first teaching I receive on this phase of my journey. I am taking the first step in a new direction without planning or forethought, only responding to presented opportunities. I face this new venture with my spiritual contact as my centre and have no idea where the future is to take me.

I ask for a doorkeeper so I may have a sense of security. The doorkeeper may be a helper or symbolic of some aspect of my soul. It does not matter. What matters is my desire for protection from what is not acceptable to me.

A Dedication to my Doorkeeper

I have a teaching for all souls who will listen to the word of spirit, the word so wise and knowing that it causes my soul to soar, my mind to relax and my pen to move.

The word of spirit is this,

Until you know and trust he who guards your soul, bar the entrance yourself. Allow no man, woman or spirit to enter except those of your trusted helpers and teachers.

Develop and guard the entrance to your soul with the vigilance of a warrior, for he who steps along the path of sensitivity is prey to the many urgings and whisperings of others who do not have the same dedication to the Great Spirit. These urgings and whisperings will cause you to think of self. They will urge you to put self first in all that you do. They will cause you to doubt yourself and your path, and when they cannot reach you they will reach you through another, especially through some of the sensitives and mediums that abound.

I stand in light. I know my direction. I do not doubt. I listen to no-one bar those of my teachers and helpers. I re-affirm my commitment to my work and I re-affirm my trust in my teachers, helpers and most of all, my doorkeeper.

I place myself in his hands and together we will work for the benefit of all souls upon Earth who look to me for guidance. I know my doorkeeper will only allow the spirit helpers and teachers assigned to my progress to enter in communication with my soul. I have felt this vibration and will tolerate no other unless it is an increase of what I am already accepting.

I am proud to be a part of what concerns the spiritual evolvement of Earth and those who live upon her. This pride teaches me the truth of the quality of humility; a quality I hold before me in all I do. I pray I may learn this quality every moment of every day, for I have felt the humility of the beautiful teachers and helpers who come to me and I yearn to be so.

The teachings are uninfluenced by my life. I am not reflected in them. They are seamless and stand alone as a

foundation, only becoming part of me when I live them. Truth is more than me and I can accept only that aspect I recognise.

You can only see and recognise what you are ready to see and recognise. You can only be taught what you are ready to be taught.

Many Masters of Truth have come to the Earth. Their words shine a light on the path for all seekers of truth and I am grateful for the hope their words bring.

Last Supper

Jesus sat at the last supper with his chosen disciples, his faithful companions. He taught of what was to come and advised of their future attitude towards themselves, their master and their work.

He said that after he had departed he would send them teachers to guide and support them through troubled times and train them to teach others.

He explained that the Living Word would continue when the spirit spoke through them. They need never worry or be afraid, for when they prayed they would be given all they needed for their work.

Who may walk in the footsteps of a Master, hear His Word, yet live it not? None, I say. To know the living word is to abandon the selfish ways of Earth life and dedicate yourself to service for others.

The Master is the vine, his disciples are the branches. The gardener who cares for the vine is the Great Spirit.

All branches are pruned and clipped by mortal life so they may bear the fruit they are destined to bear. All who bear fruit do so through the Master and the living word.

This teaching touches my heart. It touches my soul and I do not know why. I read it as often as I read the paragraph on

Strength but for different reasons. It turns out to be prophetic about so much; the coming of my Sifu Master and my treatment life, the coming of my love and the return to spirit of those I love and care for.

Ely

On Ely I stood with my back to the raging surf. I leant against the seawall and waited. The tempestuous wind tore through my long hair and wrapped my long white dress close around me.

I gazed across the barren rocks and knew only the elements from above. Rarely did I see a human face and never did I need the company of another to quell any loneliness within my breast.

My island home teaches me of life. It teaches me of the struggles all men face to live upon this planet.

I see man's spirit as I see spirits of nature
Trapped and frightened through ignorance.
Wild and raging through fear.
Angry and violent through pain.
Sick and dying through loneliness.

They sometimes come to me in their sorrow and I hold out my hand to them. I heal their wounds. I calm their fears.

Those who seek to heal the soul remain with me for a time and I teach them of the heart and the eternal spirit.

I unlock the door to a new life and they depart from me with a heart overflowing with love and a footstep light and sure. They come but so few stay.

I wait eternally for my beloved with my back to the sea-wall. As I gaze into the skies I know deep within that we unite only in spirit. He works afar in the realms of light, realms I enter

in my moments of revelation. His love flows into me and I am strengthened beyond human endeavour.

The gulls call to me and we speak the language of the gods. I have the eternal youth of spirit and I am loyal to my work. My hold on life is precarious for my spirit feeds my body and I know not of the uncontrolled flesh.

I will remain on Ely for my allotted span. All I have learnt upon this island home will remain with me for all time. I will return to this Earth. I will bring with me the desire to heal man of his troubled ways and I will bring my beloved. We have each walked alone yet our spirits have ever been united, each guiding the other, always in the continuation of our work.

My spiritual contact renews me. It makes my heart sing. It does not promise me anything in this material world but I am again told of someone influential to come. This is a reassurance for it means there is a plan of life to ascertain.

I have to grow to that position where what the teachers allude to becomes possible. I have to become aware of what my life can be. It is not something I can be told. It is something I have to discover and want to work for. I have to grow to meet this appointment and I will.

The Bond of Love

I have walked the Earth many times. Mostly I remember the early days in Lemuria when life was serene and spiritual. My memory fades when I try to recall lives that were not lived in the purity of spiritual love and spiritual awareness, for the soul seeks only to remember the light and beauty of its early incarnations of truth.

What I do recall is the depth of loneliness in the times I was separated from my beloved. These times have etched themselves into my soul and they create a torment within.

Next to this memory is the memory of my communication with my beloved, communication achieved for so long through the spirit. Communication with my beloved by spirit is the strongest memory of all spiritual remembrance I have. It forms a part of my soul that will never be erased.

In Lemuria love flowed freely between my beloved, our spiritual family, the Great Spirit and myself. In my mind never could I separate one from the other. This communication was my life and the power of our love was our life force. Not for one moment did it cease to flow. I remember this with the full force of my soul as if it were yesterday.

In later times, when life upon the Earth changed, I was no longer with my beloved upon Earth, but our communication never lessened. We both looked to the Great Spirit in all that we did and still love flowed between us, giving us life. Our communication was of the spirit and never did I feel alone. When I was upon the Earth my beloved in spirit gave me his strength and his love, enabling me to continue in our communication with the Great Spirit and do His work.

When I stood alone my beloved was always an ear to me. I heard him at all times, his spirit moving my soul and encouraging my purpose. During these incarnations I dwelt with purpose and in constant communication with spirit, with my beloved and with the Great Spirit. My life was my work and I always listened to him prompting me and encouraging me to continue in my spiritual work as once we did together in Lemuria.

In those times when he was upon Earth and I was in spirit I encouraged him in the expansion of his soul. Still our communication was constant. We also had times of work together in spirit, for not always were we upon Earth and never were we Earthbound. Our work in spirit sometimes separated

us, but never our communication. He is part of my life force and this I recognise now as I did then.

There was a period when life upon Earth was not dedicated to spiritual growth and evolvement. It was during these times that loneliness was born within my heart, for then I could not hear the voice of my beloved and communication with the Great Spirit was almost impossible. The loneliness of these times has etched its memory upon my soul as has the memory of my love been etched forever.

Through many lives and many realms I have been in constant communication with my beloved. I remember how I felt when he was in spirit and I was upon Earth, each working for the Great Spirit in different realms and in different ways. I remember how I felt when I was bereft of contact. I will never forget the power of love when we communicated, or the desolation of loneliness that lack of communication brought me.

For the first time now for many ages my beloved stands beside me upon Earth and we work together. My soul reaches out to him, yearning for constant communication, natural to me and unbidden. Love, while in the physical body, flows, but is only a replica of our spiritual love that flows, as always, freely between my beloved, the Great Spirit and myself.

We are of one spirit and I cannot separate him from me. My heart sings and my soul soars when together we do our work. While in the physical body the response of the soul in its communication is slow compared with its response when in spirit. I recall our oneness in spirit and sometimes while in the body we touch on this.

I also recall the loneliness that lack of communication brings. When these moments come I am desolate beyond compare and my life force dwindles. During these moments I no longer wish to be in the physical body for without

communication with my beloved I cannot live and do the Great Spirit's work to full capacity.

When my beloved was in spirit and I was upon Earth he always whispered in my ear and I was never alone. When we were both upon the Earth I seek his communication for my soul is starved without it. Together we harmonise and may reach the Great Spirit as we did in Lemuria.

Our oneness is spiritual and never does it mar individuality upon Earth. When communication is not open the loneliness of my soul consumes my heart and I yearn to depart. Our minds are one. Our spirits are one. Our hearts are one. To deny this is to court death for the pain of parting causes my spirit to desire to flee the trappings of the body, yet this may not to be so.

Great Spirit, give me the strength to recall only the power of our love. Enable my beloved to see our spiritual bond that never commits him to an Earthly tie. Recognition of this bond gives him the freedom to live as he so desires, and always I accept this desire, only please allow the bond of love to continue to flow freely between you, my beloved and myself.

Always I am your servant in time whether I serve in love or in loneliness.

All that I write is about living an ordinary life upon Earth with a greater perspective. The Earth is important. How we treat the Earth is important. How we live with each other upon the Earth is important.

Compared with the way many people live upon the Earth, my life is peaceful and favourable. I have the time to write words for those who have the time to read them. I want these words to encourage people to think about what they are thinking about, what they are talking about and what they are doing in this short life.

Who is using the joy of life and the love of life to reach towards a continuing life where joy and love is magnified in a thousand ways?

The Unspoken Call of the Earth

The Father of Creation called you Mother Earth and you responded, nurturing young souls born out of time and entering the Earth to join you on the path of evolution.

The rivers, the wild growth that springs from such resources and the tranquil skies are in harmony even though tranquillity is broken on many a day by tempestuous storms mirroring the struggles of man, the guest of Mother Earth. The beauty of the Earth is her generosity in maintaining the vibrations and thoughts of her guest, man, he who may use her resources to maintain human life.

The spirit within man knows that life upon the Earth, although harsh, has a beauty that is only truly appreciated in those places where the Earth is left in her natural splendour. The Earth, as an astral sphere, does not reveal her inner countenance to all who seek. She does so only to those who know the reality of life, love and creation, the language of gods. She has nurtured the souls of man for many a year yet only those who recognise that her beauty is of nature may draw from her the life forces that feed the soul as well as the body. Earth is of nature so she wears the physical house. She hosts the bodies and thoughts of man yet demands nothing but that all obey the laws of the Creator.

Within the boundaries of such harsh yet beautiful environs come the souls of men and women to physical life. Those who recognise the physical nature of the Earth form a bond of unity with her and among themselves. This bond is unspoken for the works of men are superfluous when the spirit rules. Men and women may tune into the nature of the Earth and use her

communication as a basis for understanding the language of the gods.

The law states that man shall respond to a greater call in life than that which he hears in his own mind. This call of life is from the musical vibrations of creation, vibrations that are for all who respond to their tune. The Earth sings this song every moment of time and she asks that men and women who dwell upon her do the same. Those who enter the sphere of Earth are no stranger to this call of life for they are drawn to her harsh yet beautiful and tranquil reality to learn this very response.

Many dwell upon the Earth in areas modified by their own desires and so are unable to hear the call of life or learn the language of the Earth. These men and women roam the Earth ever restless and ever seeking this call yet they know it not. They use the language of men and hear not at all the language of life.

Their creative desires are born of their own minds and do not relate in any way to the creativity of the life forces of the Earth, the womb of all physical life.

The force that man often calls creativity, when engendered in his own mind, is a force of destruction. It is separate from the one life force that was breathed into the realm of Earth to create and nurture physical life there. The Earth recognises this destructive force within man and heeds it not at all. She has the endless patience of all the spheres and she knows the reality of her countenance and of all the spheres in the galaxies.

This knowledge has a power that is formidable in its drive for truth, truth that will survive all man's modifications upon Earth. This truth of creation is as unchanging now as it was when life was first breathed into the Earth. The Earth was given the power of life and entrusted with its safe-keeping, and this

she does today, no matter what changes man attempts to make.

Man has always sought to improve and modify the perfect creation of the Creator of life. In this arrogance he has brought great destruction and pain to himself, for the Earth responds to such treatment by peeling the layers of distortion from her, as a dead skin, and never is she vastly affected by what man does upon her. She has the endless patience of growth in truth. When her laws are broken she throws off the waste product and buries it within herself.

The Earth nurtures to fulfilment the spirits of men and women who dwell upon her in love, yet of these there are many who rest on their laurels asking for succour. Even these souls of love who speak the language of the Earth listen at times to the voice of man and heed not her ways. To these souls she is as remorseless as to those who attempt to destroy her, for the law is unswerving and undiscriminating.

Many there are of these souls of love who understand such unswerving addiction to truth. These souls recognise that it is their own ignorance of the law that brings the rod of truth, with its law of cause and effect, upon their backs. This law, which is shown to every man and woman who dwells upon Earth, is *truth*, and all return until they understand its practice. They return until they tune into the Earth's life force and acknowledge that she is a representative of the Creator of Life.

Man has a task in life, to learn the ways of spirit life upon Earth.

This task is unchanging wherever he lives. When he enters any sphere of life he has to learn the ways of spirit life upon that sphere. Once man learns the ways of his spirit and

understands his evolvement in the plan of creation, then he may teach others, with wisdom, of their journey.

The Creator is patient. The Earth is patient. Evolved man is patient.

They desire to see all men and women learn of the plan of evolvement so they may continue their journey through the mansions of the Creator's kingdoms. These mansions are vast in number. Man upon the Earth has touched upon the material planes and their corresponding etheric counterparts. When all men and women have evolved through their tasks upon Earth they may commence their journey to the mansions of the Creator's Kingdom.

The Creator has many kingdoms and the beauty and light of these places are for all men and women, but the knowledge of these places is locked into their souls' memories, waiting until the time of their spiritual evolvement that will lead them to a greater path towards fulfilment of life and love.

Busyness controls me and although I write infrequently, I am feeling inspirational and joyous all the time. I receive this teaching for a young man I know, who asks me how he can discern varying vibrations and which spirit voice he should listen to.

When the teachers teach the air becomes cold and I need a cool room. If it is winter I wear plenty of clothes but I do not heat the room. This is so for meditation as well. When the room is hot I have no contact with the teachers.

When the teachers give me love, support and guidance, the air is warm and I am suffused throughout with a warm glow that becomes contentment. These two situations remain so

and many years later I receive a teaching explaining how our contact is established on a cold light.

How Do I Know You?

How do I know you, O spirit whom I love?
How do I recognise your countenance?
How do I discern your voice amidst the babble of so many?
How do I open the door to your wisdom?

I come swift and sure, as the arrow from the bow.
I pierce your heart and I enter your soul.
I travel on the cool wind of enlightenment.
I travel on the warm wind of love.
I speak only in the silence of your soul.
I bring peace and contentment and a stillness that is life.

A smile is born on your lips and a warmth to your eyes,
for your spirit has recognised my arrival.

We meet on common ground for we are equal in love.
We speak of our life and the work that we do.
We know of our tasks and we respond to the call,
and we are one in service.

I come only when you call,
but I wait for all others to depart.
I speak not to your ear, but only to your heart.
I direct you not in the course of your life.
I only call forth your spirit within,
so together we may listen to the wisdom of truth.

Seek not the guidance of spirit whose voice is heard by your ear,

for he speaks not to your heart.
Seek not the voice who sings praise of man or spirit,
for he praises not the source of his life.
Seek not the voice that justifies your actions,
for the course of truth requires no justification.
Seek not the voice that requires you to speed your growth,
For such direction opposes your spirit.

Love your life, still your mind and bring peace into your heart.

Discover the silence of your soul.

The philosophy of the universe is based on simplicity and it is up to me to ask the right questions. They must be simple and specific. What I receive is a response to this. This places our learning in our own hands.

I am filled with certainty that I cannot live just for the material life alone. I must lay a foundation that comes from my soul and let my material life grow from this.

I Will

I will live forever more in service, fulfilling my life in this way.

I will initiate and complete an opportunity for all to hear of truth.

Through this work I seek to help banish evil from men's ways.

Where there is despair, I will create hope.
Where there is destruction, I will create beauty
Where there is desolation, I will create purpose.
Where there is sorrow, I will create joy.
Where there are tears, I will create laughter.

To the arid waste of man's life I will bring the joy and excitement of life eternal.

I will show man how love teaches him his purpose in life.
I will show man his soul, tell him where it has been and to where it is going.
I will lift man's soul from the Earth and direct it in its path of travel towards the heavenly spheres of light.
I will tell man of his life as man and spirit.
I will teach man how to live upon the Earth as spirit and how the way is through love and laughter.
I will teach man of love and tenderness.
I will show him how to cry the tears that can release his spirit from the shackles of his mind.
I will show man how inspiration can lift his soul ever higher.
I will open man's eyes to the beauty of spiritual life so he may recognise the caring tenderness available to him.
I will teach man how to open his spiritual mind and see beyond himself and his life upon the Earth.
I am a servant and I am dispensable in this work, but I will respond to its direction.

Where I am directed to go, I will go.
What I am directed to say, I will say.
What I am directed to do, I will do.

I hear the voice of truth, for it is always at my side.
I see the spirit of truth, and I am blessed by such guidance.
I have life and love within and this is my most precious possession.

The servants of truth may earn the jewels from the treasure house of life.

The diamond of truth.
The ruby of vitality.
The emerald of regeneration.
The sapphire of spiritual inspiration.
The garnet of spiritual purpose.

These jewels signify attainment in other worlds and are gifts to those who seek beyond the material life.

Those who learn to live upon the Earth according to a greater destiny will carve for themselves a path towards the treasure house wherein lie the treasures of service.

What is the difference between soul and spirt?

How many people over the years have asked this question? I receive a simple response that makes me wish I could write poetically all the time.

Spirit and Soul

*My soul magnifies the Lord and my spirit rejoices in my God.***

It is the soul that seeks the regeneration of the wisdom of the ages.

The spirit is the priceless centre of such awareness.
The soul seeks to return to its promised heritage.
The spirit always remains in the harbour of its reality.
The soul travels a varied path through the dominions of creation.
The spirit always remains in the light of its existence.

Ever does the soul seek renewal through the spirit.
Always the spirit remains assured in its identity.

The soul may respond to the urgings of the spirit within.
The spirit always continues its existence in its own light.
The soul seeks at-one-ment with the source of light.
The spirit never strays from such loving ways.
The soul can find peace and sanctuary when it rejoices in the nature of the spirit.

When the spirit rules it takes the soul on journeys to places rich in dreams, beyond obscurity, for the mansions of life are beautiful to behold.

The soul can travel beyond the veil of life, but not in the same manner as the spirit, for on the wings of spirit the journeys are through the elements of happiness and Joy supreme.

**Bible: Luke 1:46-47

I am introduced to varying roles of life in the universe and each carries the same vibration of love and service. This is my first contact with the ethereal beings I call the Silver People or Sons of the Silver Reign. My understanding of them now is that they liaise between physical and etheric life, and spiritual life moving easily between these realms.

They are travellers and they guide the way. Their presence speaks of familiarity, companionship, love, caring and safety; removing fear of being lost and alone in the universe. They inspire thankfulness that on the passing we are immediately met by familiar presences, whether it is them, loved ones, or both.

The Silver People are represented by the colour that is attributed to the moon which represents the soul, gold being the colour attributed to the sun which represents the spirit. Physically the sun and moon working together put in place the laws of nature; the four forces we are aware of, being gravity, electromagnetic, strong force and weak force. Spiritually there

is a path between the sun and the moon; the spirit and the soul.

Servants of the Silver Light

Through the veil of life they stand, beckoning to those who have crossed the threshold. Unspoken is their word and implicit is their direction.

On the calling travel commences, and in less than a moment the threshold is left far behind. The threshold to worlds beyond is a shimmering beauty of white light, spun with threads of gold and silver. They stand beyond the veil, unmoving and serene, waiting for the traveller to take that step into the reality of dreams.

I stand and gaze into the faces of love and my spirit leaps beyond time. This particular journey I have long awaited and my reconciliation is due.

The spirit speaks to the soul.
"Heart of my heart, beat only for the one lover.
Let not the veil of life fall again to block my vision.
Let me reveal the tide of love that has watched you endure the closing of the spirit.
Let it wash the soul, break the chains and set the spirit free to move beyond the veil, unimpeded by the demands of the soul's experiences.

Heart of my heart, Beat with those who work beyond the veil and allow the spirit to enter the soul.
Bring to the heart for all time the call of the spirit, and with this spirit reach out to the nations of the Earth."

This teaching is a response to my call.
Am I part of a Divine Plan?

How am I connected to the universe?
Do I have help in difficult times?
Am I forgiven?
Do I need to berate myself?
Am I loved even though I falter?
Am I alone?
Will I be met when I pass from the physical life of Earth?

Calling

I have come and walked amongst you, and I have been your friend.
I have cried in your pain and have laughed in your joys.
Always I have been with you and always I have loved you.

I call you so you may heed my call and enter the safe harbour of my arms,
Each man and woman who enters the Earth, I love.
Each soul undertaking a journey of knowledge and experience, I love.
Each spirit that is, I love.

Never will I leave you, my beloved.
Ever will I walk at your side from the moment you respond to my call.

Before each call spirit draws close to the soul and a time of reflection is entered upon. Peace reigns for a moment and there is a lull in life's pain. This is the preparation for my voice for I may only be heard through the silence.

Once, twice, three times, four times I call. On the fourth calling the soul always responds and it departs the physical body to return to the world of spirit, either sorrowing at its failure to respond to an earlier call that would have heralded a

special work upon Earth or rejoicing at its union with the greater spirit.

The vision of man may be blurred. His hearing may be faint. His response may be weak, yet when he enters the Earth I will always come to him and call his name. Eventually he will respond. Then I may teach him of Divine love, Divine ways and Divine patience.

I love man with eternal patience. I see his ways of error as times of hardship for him. More than ever he is in need of love. One day he will see, hear and respond. Until that day I shall wait with eternal patience for I shall draw each man and woman upon Earth towards the light.

The workings of the law are exacting. The law is perfect justice in every way. Within the law there is the chance of redemption for all. There is no evil too great that cannot be redressed through the Law of Redemption. Our lives originate in spiritual worlds so we return there at our final redemption.

According to this understanding spirit and angels who have played a part in the origins of evil that humanity has embraced have, through the Law, an opportunity to redeem their actions.

The ultimate of all evil is represented in all cultures. A common name is Satan. The name I give here to the representative of all that is evil is *The Tester,* he who whispers and murmurs to our souls, to inveigle us into his ways.

I am comfortable with this philosophy because of my great reverence for the quality of hope.

A Tester's Prayer

Many have strayed from Your ways and so have humbled their spirits. They have listened to the voice of evil and so have had to endure great trials and testing. Who better than those

experienced in the ways of evil to eradicate it and replace it with spiritual love? Who better than those who have created evil and who, in their remorse, have become the Testers?

We have experienced all the pain of men and women.

Pain will continue upon the Earth until man can free himself from the ways of evil and come to You purified and cleansed. Only then will reparation be complete. Only then will man be united with those whom he has loved so deeply. Until that day we labour as testers with love for all souls in need, all who have listened to the whisperings of evil intent.

We have vowed never to rest in our service until all who once served evil have been taught to serve You once more. We now receive Your strength and love which enables us to serve in places of darkness, bringing Your light to those who answer the call of spirit. The perpetrators of evil have become Your testers and Your servants, and now work to bring others into the light.

We shall continue to call the souls of men and never shall we tire in our work for we have learnt of unlimited love and unlimited patience. We long for our family of spirit to be reunited and towards this day we work ceaselessly and untiringly.

May Your love reign supreme upon the Earth once more and may all seeds of evil be transposed into seeds of light. May all be with You once more for all spirit seeks eternal at-one-ment with our spiritual family and with You.

Our spirits have been humiliated but they have learnt. Should the greatest perpetrators of the greatest evil be able to grow into light and love once more then cannot all men of evil ways do likewise?

Where once we resented, now we accept.

Where once we separated from You, now we are reconciled.

The Sentinel.2

During the ages of time the sentinel stands. He enters the heart of the seeker. He regenerates the soul. He is spirit and he speaks to the spirit of man.

He stands, as do the doorkeepers and servants of light, seemingly unmoving and serene in his task of service. He brings strength to the seeker of truth. He brings those who test the spiritual response of the seeker. He brings to man the severity of his karmic dues and man's cries of pain affect him not at all.

He reaches into man's heart and teaches it of sorrow and joy.
He reaches into man's mind and stills its arrogance.
He reaches into man's body and frees the soul.
He reaches into man's spirit and speaks of Divine love.

The sentinel takes the seeker of truth on journeys to places beyond time where the physical life of man fades in its significance and he is bound to the spirit by love. While journeying the realms of love and appraisal the soul is fed and aided in its progress by the excitement of the spirit. The Sentinel teaches the seeker that his spirit is not bound by the soul or the physical body and that it may journey with the guardian as the soul retraces its steps towards spiritual regeneration.

The sentinel knows of Divine love. He knows the spirit, its life force and its awareness. He shows the seeker how the

work of man's spirit continues even as it feeds the soul, allowing the complexities of man's life to be fulfilled.

The spiritual life of man,
lived in spirit, by the spirit, seeking spiritual at-one-ment with the light even as it dwells in the soul and body of man.

The soul life of man,
strongly affected by both the material and spiritual life of man, embodying the experiences of both and eventually deciding which way of life it will adopt.

The physical life of man,
lived as a complete way of life, fulfilling its own desires and needs and not relating to the influences of the soul or spiritual life unless it chooses to respond to their urgings.

Each of these lives have their own means of communication yet each is separate within man until the time when he seeks to unite these complexities and become one within himself through an awareness of a greater destiny. When this time comes the seeker of truth searches to acquire knowledge of the Wisdom of the Ages and learn of his relationship with all creation.

The sentinel guides man through all these understandings. He guides him to his time and place of appointments with destiny, appointments that give him opportunities to grow away from the influence of the material life towards the influence of the spiritual life.

The sentinel makes the seeker aware of his doorkeeper and the spiritual servants of light. He introduces the testers so the seeker may progress along his path of light.

The sentinel brings people to the seeker and sets up his environment so he may learn. In due season the sentinel

releases the seeker from the same. He guides the seeker to those who will teach him of truth and light.

The sentinel loves the spirit of man as he loves the Great Spirit. This love is his strength. Man's material ways do not touch him for they do not touch the spirit. His work is to guide man to love in the same way.

I have never given UFO's much thought but there are many unexplained phenomena upon Earth such as the huge statues on Easter Island, the pyramids and the Sphinx. When I am asked about UFO's I put this question to the teachers.

This is one of my favourite teachings. It is the second time I meet these ethereal beings I call the *Silver People*. The vibration of these travellers is as acceptable to me as is the vibration of all those I meet in the Lemurian writings. With the Silver People I know I am home. In Lemuria I know I am home.

Spiritual Travellers

The Teachings of Spirit within take man's vision far from Earth. Man lives upon Earth for only a short span of years, and many are those who live out this span of Earth life unaware of other life spans experienced in galaxies so far removed from Earth by time and space that they are, to many, part of the infinite beyond. Because of his physical body and its limitations man is confined to his own galaxy.

How many men and women upon Earth ask themselves why man is so confined in his travels?

How many ask why he is limited to travel at a certain speed?

How many ask why he is limited in his travel by the time it takes for him to traverse great distances?

Man has always seen and had visions of extra-terrestrial beings capable of travelling great distances at great speed. This can only mean that such beings must be of a great light, for they travel at speeds faster than light which means they cannot be physical. This makes them more ethereal than man and therefore of a more advanced and evolved nature.

This places these beings of light closer to the spiritual nature of man than to his physical nature. Because of their speed of travel, these beings of light are unseen by slower moving life-forms whose vision cannot comprehend such speed of movement.

Man cannot perceive with his conscious senses any form that moves faster than light. He cannot, therefore, be aware of any life-forms that move in and out of his galaxy in the glimmering of a moment. This means that extra-terrestrial beings of light are only visible to man when they choose to slow their movements to below the speed of light. These beings, therefore, are fully in control of all that they do in relation to Earth and its inhabitants.

Any being capable of travelling such vast distances at such speeds yet also capable of regulating these speeds as they adapt to the laws of each galaxy they travel through, can only be beings of great intelligence, awareness and evolvement. They can only be beings capable of bringing to man, great benefits, knowledge and wisdom.

Once men and women upon Earth can relate their spiritual selves to galaxies beyond Earth then the spiritual realms and planes will not seem so ethereal and intangible. They then become more realistic to those who have never given more than a passing thought to such affairs.

Man sees truth as light. Truth is a simple explanation of what is. For man, truth is confined to Earth. His understanding of what is, is confined because his memories of his

experiences are limited to Earth. The Teachings from Spirit tell you that the Earth was sealed in a cocoon to prevent evil ways from affecting the pure spiritual realms. This appears so because light is so far from Earth and it refracts and curves. Any spiritual thought leaving Earth curves and moves in one direction, the direction of the source of light, no matter in which direction the spiritual thought faces when it moves outwards from the Earth's galaxy.

How fast can a thought travel?
How far can a thought travel on its own energy?

The thoughts of man are engendered in the physical mind and like the physical body they have limited power, unable to reach beyond Earth and its galaxy. Through lack of power these thoughts are confined to the material realms. The body and mind capable of travelling at the speed required to cover the necessary distances is the spiritual body and the spiritual mind. These, while he is upon Earth, man builds with his thoughts. By his thoughts he etherealises himself.

Man's spiritual thoughts of light and love can travel beyond the Earth and enter the spiritual realms of light. As thought precedes action, man may follow his thoughts and enter such places himself using spiritual energy to build whatever vehicle is required to enable him to enter such realms. In this way he builds his spiritual body; by reaching out with his thoughts to the spheres of light. On his passing from the material world he may then travel in this spiritual body to those places to which his thoughts have already travelled.

In these beautiful realms of light, man's consciousness and awareness expand, enabling his thoughts to move further afield as he grows. With each incarnation, progressing man has within himself an increased awareness that can return, by

thought, to places far removed from his position of the time. These places are beyond the imaginings of those who have not developed their spiritual minds or bodies of light.

Man is a builder, is he not?

He builds his environment daily, an environment that becomes more beautiful as he increases his awareness of truth.

Man is a traveller in space.

He is limited only by his thoughts. He may think only of matters concerning Earth and its immediate environment and there he will remain even on the passing. He may extend his thoughts further afield, and there he may go on the passing for is it not natural to wish to return to the most beautiful, enlightened and happiest place known to him?

The beings of light are especial messengers of truth.

They are capable of travelling because of their light to places far distant from Earth, distances that man's physical mind is incapable of comprehending. Because of their evolvement these beings are able to traverse the many realms of creation and communicate with each. This makes them very special for they know of the greater plan of creation including the plan of evolvement facing mankind. Because they are not confined to any realm they can teach those who can tune into their communication of the heritage of light awaiting the seeker of truth.

Should those of these Silver Lights beckon to you, heed their call, for they bring a message of great enlightenment to the honoured listener.

These beings stand tall and serene, embodying white.

They glow with a silver light that has a special luminosity and the form they present to man is ethereal and intangible. They are bathed in spiritual love and bring to the listener the love that surpasses all love, the love from the Creator that embodies all beauty and all error.

Love as they love. See as they see.

No difficulty, no error, no ways of Earth can disturb their serenity. Be serene as they are serene, for they mirror the light of the Great Spirit. Love all with peace and harmony in your heart. See all as travellers who are travelling towards the light of truth where they may unite in places of great beauty, untouched by dark ways.

Man is a traveller and his time upon Earth is limited. He now senses the need to reach beyond the stars to his heavenly residence. These especial messengers of light shall guide man in his travels then depart to other tasks.

Learn of their light. Learn of their ways, for they embody the light and love of the Great Spirit.

The subject of death sneaks into my mind from time to time. Madame Pompadour is physically diminishing while her spirit goes from strength to strength. Before she dies, aged thirty-five years, she says her last year of life, living according to her spiritual understandings, is her happiest.

This teaching about death gently approaches a subject we have not been brought up to embrace.

Fledglings

The Lord reaches down and gathers them up in the palm of his hand. He draws them to his heart for a moment in time and in this moment they feel love and comfort. In this moment they

are free from the pain of their growth. Within the palm of his hand lies the knowledge of their future. Wherever their Lord places them they live out the span of life that will bring to them knowledge of their countenance.

To him they are as babes in the wood reaching for the sun through the shadows of the trees so they may grow and blossom in its light and warmth. To them he is their all-knowing, all-wise, all-seeing protector of life, their Lord. Always he cares and always his justice is perfect and unbending.

Through all that takes place he nurtures within their frail forms knowledge of the Great Spirit. Because of this, to them, their Lord is a god, yet he is not. His strength, his serenity and his compassion may be seen in his countenance and his eyes are like diamonds.

They flutter in his hand like fledgling birds struggling to free themselves from their bondage but without the strength to fly or the maturity to see their direction. Until the seeds of strength and maturity are sown within their hearts, their Lord calms and teaches them, then places them on their planes of learning where they may learn to fly.

He watches as they flutter their wings to test their strength. He watches as they attempt their first flight then fall to the ground. He watches as they discover the food for their growth and he watches as they reach maturity.

Many times he plucks them from their planes of learning and reinforces their training. Strengthened and loved they then return to again grow and attempt to spread their wings.

As all fledglings they eventually mature. Those who are as sparrows spread their wings and fly into the hand that reaches down one last time. Those who are as eagles spread their wings to full span and soar through the heavens according to the direction they have learnt.

Although I am writing little, what I receive nudges me to remain focused on my goals in life no matter how busy I am.

We can inspire others and in so doing learn about life outside our own minds and experiences, but we need to remember to continue on our own path. Strength does not match his footsteps with those of another. He accommodates the needs of another for a time but does not adopt them.

Travel on the Wind

Let not the shadows arrive to dispel the joy.
Let not the light of happiness be dimmed.
Let truth be all that counts in this life.
Let the will of goodness be your will.

I hear the heart that beats for love.
I hear the soul that speaks with the voice of spirit.
I have called you twice and I call you once more.

Dare you stray by thought?
Dare you question by word?

Where is strength?
Do you desire his return?
The sun shines but only briefly does it linger.

I travel on the wind and I remain but a second.
Can the small flame that has kindled flare to a greater fire?
The threshold is ablaze, an awesome sight to behold.

Light of wisdom, guide your footsteps and lead you to your destiny.
Courage, dispel the shadows.
Mind, expand to encompass truth.

Breath, be the breath of life.

Death again pays me a visit. I visit Madame Pompadour and smell death. It is a sweet sickly smell that leaves a taste in my mouth and I want to run out of the house. Thankfully this experience lasts only a minute. An undertaker later confirms that this is the smell of death.

I am asked to tell Madame Pompadour the manner of her impending death. This has to be the most difficult thing asked of me and impossible if I do not trust the source. I ponder this problem for some time and finally decide to relay the information as a dream I have had. She thanks me and sometime later, she dies as I described to her; on a sigh and very peaceful.

The Sanctuary of Sleep

Welcome, my beloved, to our sanctuary.
Come that we may bathe your wounds,
Wounds inflicted upon you by mortal life.
Enter our sanctuary,
That we may heal your pain and give you rest,
That we may strengthen you so that on your return
You may be stronger and more able
To face the new day with vigour and love.

Let us teach you of life so you may see your mortal life in relation to your spiritual life.

Welcome to our abode and greet your beloved. Is it not here you meet and plan your Earthly spiritual pathway?

Is this not your real life?

Recover your memories, my beloved.
Look deeply into your soul and seek your countenance.

Reach into the heart of the brightest star and discover eternal life.

Our physical lives are for us to live as we choose. For this we are responsible. Our inner spirits provide the core of wisdom that helps us choose the best direction in life and achieve the best we are capable of. This inner voice of our spirit gives us a knowing we cannot explain but can be confident in.

In life we often seek help and guidance but are often unclear about what help and guidance is available. I write only about how evolved spirit helps and guides us not those etherically bound spirits who whisper in our ears all manner of things we like to hear.

We cannot ask evolved spirit for direction in life. We must choose our path and we must choose our manner of travel. We can ask for guidance to maintain our route in the best possible way for this implies a willingness to learn and grow as a person.

At certain times we are travelling towards appointments, having already taken steps in their direction. At that time the teachers or our inner spirit may give specific instructions. They provide the *how* and the *when*. We have already done the *why* and the *where*.

I have been given a flat for six weeks and am told not to waste my energy looking for a place to live. Two weeks later as I am preparing lunch I am told to sit on the pavement outside and eat my salad. A lady, who turns out to be a neighbour, comes past and stops to laugh at my choice of eating place. She tells me about a neighbouring unit becoming vacant. In one month I move in at a rent I can afford.

Milestone Lives

The history of man can show two distinct categories, each running parallel upon Earth.

Physical and spiritual regeneration, as the result of spiritual evolvement.

Physical and spiritual degeneration, as a result of spiritual denial.

There are certain milestone lives in the journey the soul makes while on the regeneration cycle and while on the degeneration cycle. All individuals incarnating into milestone lives live with many of their spiritual faculties awakened giving them greater opportunity to learn and live according to spiritual law. During these milestone lives they have specific appointments with destiny to keep. At these times of appointment spiritual teachers are placed in their path and their innate spiritual strength is given a chance to manifest.

The cycle of each life has, for the individual, a parallel to the cycle of all his lives. Just as there are certain milestone lives in his journey through continued life so there are milestone appointments during each life. Just as milestone lives are callings from spirit so also are milestone appointments.

In the regeneration cycle milestone lives may be called the steps of Jacob's Ladder.

In the degeneration cycle milestone lives are the steps to halting the Fall from Grace.

The Degeneration Cycle.

In the degeneration cycle man may fall from grace just so far. He then crosses the point of safety where his soul life force

can be committed to the soul life forces of Earth even while his spirit life force returns to the universal spiritual life force.

At the lowest point of degeneration the individual incarnates and carries his Cross of Matter as a final opportunity. At the same time he is exposed to the absolute truth of life. At certain points in this milestone life he encounters spiritual light in the form of souls of enlightenment or physical phenomena.

During this milestone life his spiritual faculties are opened and he is exposed to the spiritual side of life as much as he is exposed to the material experiences of Earth. His contact with the etheric world can be more real to him that the material world.

During this Milestone Life should the individual heed this final spiritual aid he will become aware of his lack of control. He will realise that he is at the mercy of forces far greater than himself. He need only acknowledge the existence of the light of the Creator in his life and his desire to grow in this light to halt his downward plunge into disintegration.

Should he achieve this moment of realisation, although little good may be achieved in the remainder of this milestone life, the realisation of his relationship to the Creator will place him once more on the upward evolutionary path towards enlightenment even though this path of travel may take many lives to retrace.

Prior to his incarnation into this milestone life the individual is given a final spiritual opportunity in the etheric region of his own making. Here he is first given the chance for illumination and redemption. Here his recognition of the existence of the light of the Creator will give him right of re-entry into Earth life.

For an individual to receive such illumination while in the worst and most degenerate of circumstances he must receive

a light of brilliant magnitude, a light whose existence he cannot deny once recognised. Such a light is brought to the drowning soul by a master who has developed the Christ light within, the light of the Saviour.

Such masters of life are able to enter these spheres of darkness unseen by all on the downward spiral towards oblivion. It is those who have reached that despairing point of final opportunity, and who have called out and had their higher spiritual faculties opened, who, according to their free will and desire, are able to see the Christ light, the Saviour and so receive spiritual aid.

Those who respond to the call of the Christ Saviour are taken to a place of learning where their higher spiritual faculties remain awakened, enabling them to have explained and outlined the future course of their learning and growth patterns of experiences. Those who respond are then given entry to Earth into a milestone incarnation and another opportunity as outlined.

Should they respond to the spiritual opportunity they will find, at the end of this life, that upon the passing their higher spiritual faculties are once more shut down according to their true level of degeneration. They have received, however, enough spiritual strength to once more begin the slow and painful cycle of karmatic regeneration, retracing steps for atonement.

Those who deny such rectitude return to the etheric habitat of their choice. Their higher spiritual faculties are once more closed down and their likely direction is a continuation of the degeneration cycle that ultimately leads to individual annihilation. The spirit within will no longer be able to tolerate such an abode and will reach a point where it is no longer able to remain. Something explodes in the spirit's awareness, and on the command it has been waiting for it receives the energy

force that will expel it from such an environment. It then wings its way to its source, individual consciousness destroyed. Upon its departure the soul bursts asunder and its particles re-enter the immortal soul life force, all memories destroyed.

Those who respond to such a spiritual opportunity while in the etheric worlds but fail to respond while incarnate in the subsequent milestone life will seek to destroy themselves and as many others as possible. They will be totally at the mercy of the psychic forces that have been feeding them without the accompanying spiritual enlightenment. Upon re-entry into the etheric worlds on the passing, it is likely that they will sink into the path of individual oblivion without comprehension, for this point is almost reached even before the passing.

The Regeneration Cycle.

The individual who is journeying the regeneration cycle will incarnate upon Earth. During this journey he will incarnate at certain points into milestone lives. Before such incarnations the individual will awaken his higher spiritual faculties in the spiritual realms then have the opportunity to put them to use while incarnate.

These milestone lives enable him to build tremendous spiritual strength while upon Earth and give him memory through retracing his steps with effort; this memory will see him through any difficult karmatic lives that follow his next milestone life.

There is a plan for the evolvement of man upon Earth.

The lessons of Earth relating to man are planned so he may receive the greatest spiritual help and strength. At certain points during his progress from Earth milestone lives give him an abundance of spiritual guidance and strength so that during ensuing incarnations he will have a memory of this help and inner strength to resolve any difficult karmic dues.

The same help applies to those who deny spiritual progression and sink ever lower into base and degenerate behaviour. They also have certain milestone lives wherein they are able to use their spiritual faculties so they may receive spiritual help and strength thus enabling them in a subsequent life to retain a memory of more evolved behaviour, allowing them to change and begin again the cycle of progression towards the Great Spirit.

Milestone Appointments.

During each life upon Earth all people, both on the regeneration cycle and the degeneration cycle have milestone appointments. The appointments are times in their lives when they are given a calling, an opportunity. This calling allows them to take up some task or learning that will aid them in their lessons of progress. Spiritual help and strength is given at these times and enlightened souls are placed in their path to show them the way.

Free will means the individual may respond or ignore the calling, but his life will then develop in a direction according to his response.

Storytelling is an art. People learn with greater ease when reading or listening to stories. Stories bring the message and the characters to life. Parables and storytelling have been practised over the years because not everyone could read.

A clever and caring professor developed a reading programme for children with reading difficulties. When she found she had cancer she gifted her programme to the country even though she was unable to remain. She wanted to give something in return to the place that healed her spirit and brought her joy for the time she was here.

I want to write a short story that has a message and am elated to receive two.

The Horseman

The horseman came riding over the hill and paused in his journey before crossing the plains that lay ahead. He had travelled a great distance. During the latter part of his journey he had been climbing and descending through hills that were studded with copses of trees, ditches and ravines that were littered with boulders of all sizes.

He paused for a moment and reflected upon the journey that had brought him to this point. Behind him the journey's horizon was but a few feet. Ahead he saw the plains stretching as far as the eye could see. Even from his vantage point on the gentle hill he could not see what lay beyond. He knew that once he descended the last hill and entered these plains his vision would be further limited.

Within his heart burned a desire to reach his destination and this was his driving force. When he had first entered the hills he had not known what lay ahead. Now he was on the other side and entering the plains but he still did not know that ahead, beyond the plains, lay the mighty ocean he would have to traverse to who knows where.

His guiding light was his knowledge of the stars that shone at night and the position of the sun that burned brightly during the day, plus the common sense of his horse. Within his mind also was the memory of all he had learnt from those who had previously made the journey.

At times he encountered other travellers who shared his journey for a while then departed to fulfil other tasks before continuing in the direction that was laid before them. Throughout his journey so far he had had to care constantly for the animal that bore him with such strength and fortitude.

His needs were met for he had knowledge of how to glean life from nature, from nature that was rugged and harsh, from nature that was kind and fruitful and from nature that was foreign to him. He was able to adapt to all these changing circumstances for he had been well schooled in the rigours he would have to face on this journey.

Whenever he was on one stage of his journey his memory only seemed to serve that stage. He knew only of the stage he was travelling through. When he travelled through the hills he knew only of that journey and its rigours.

When he travelled through the plains his mind was filled with all that was taking place on the plains and his memories of the hills became faint and faraway.

While journeying through the plains at times he rode his horse. At other times he walked beside the animal. Occasionally he would allow this trusted friend to graze and roam free while he investigated and explored his surrounds. Eventually he would return to his horse and together they would continue their journey.

As he travelled, the horseman matured. He learnt much. His knowledge was put to the test many times until he was able to discern what in the schooling he had received prior to his journey was useful and when. He learnt through experience, which traveller to heed and which to ignore for he soon realised that not all had the wisdom of a completed journey.

The hills represent the Earth. Their terrain is rugged and the vision ahead for the horseman is short. On this stage of the journey the horseman learnt perseverance and strength. He learnt to trust his guiding horse and follow its footsteps along the narrow twisting paths. His horse became his fellow traveller and faithful guide in all his experiences.

The plains represent the ethereal regions around the Earth. Although the horizon of vision is extended on the plains it still only encompasses the plains. Here the horseman has more freedom and he is not so constrained by his environment. Although he has wider vision his direction is confused because the path is not clearly laid and is often hidden by the long grasses he must travel through.

He could spend many a long year re-discovering a path he had strayed from, the only path that could lead him to a ship being built at the seashore, a ship that would set sail at the appointed time.

When the horseman encountered the sea he became immersed in a life so encompassing that he could hardly recall or even want to recall his passage through the hills and plains. The sea represents the spiritual spheres. On the vessel the horseman and his guiding horse could rest as they were borne across the oceans. While journeying with ease and absorbing the movement of the oceans he could find peace and tranquillity.

His memories of horse and travel faded and gradually disappeared. During such respite he was able to renew and strengthen earlier friendships with his fellow travellers who now accompanied him aboard the ship.

The ship represents the spiritual body that was being built even as the horseman was journeying through the hills and the plains. The ship is as strong and as powerful as the horseman's thoughts and actions make it to be and it is capable of carrying him to wherever he believes it can go. The fellow travellers are those of the spiritual family who were encountered in the hills and on the plains and seas. The destination of the ship is the other side of the ocean, from where it may take the traveller through either of two portals.

One portal leads the horseman back to the hills, the plains and the seas so he may impart the wisdom he has gained from his journey to inexperienced travellers who struggle with the rigours of the journey. The other portal takes him to a new life, a new place, a new growth and a new awareness.

Those who have earned the right to pass through the portal of love are sometimes saddened that those of their beloved family are not entering with them, instead returning though the other portal to gain further experience and growth that will teach them how to enter the portal of love and open with the key, the door to sanctuary.

The traveller who feels thus saddened will often return with his beloved family to once again make the journey though the other portal and so aid them on their harsher travels. This way one day all may pass together though the portal of love.

The Shining One

Early one morning in Canada a young boy of three and a half years walked down the mountainside to a settlers' village. He had sturdy strong legs and carried himself in the manner of a self-assured adult. He walked up to the villagers and communicated his need for them to follow him back up the mountain.

His manner and bearing, although his years were tender, caused them to look to him and follow. He led them directly to what had once been a log cabin. It became apparent to them that this cabin had been the boy's home and that there had been a fire. The boy's parents lay dead within. The villagers looked down at the sturdy little boy and took him into their hearts. They buried his parents then together they returned to the village where the boy lived amongst them.

After one month, however, the boy returned to life in the mountains for he could not live the lifestyle of the villagers with

its particular calling. For some years after his return to the mountains he settled into a simple life with the Indians. Even though his years were still tender he would frequently leave the Indian village and wander alone through the mountains learning of the greater life.

As he grew he spent more and more time alone seeking his home with nature and his solitude. He grew from a sturdy little boy into a strong, lean man with deep blue eyes that mirrored the tranquillity of a still lake. His long hair reminded one of the sun.

As a man he became known by many settlers and many Indian tribes over a vast stretch of land. His home was where he laid his head and he always sought to spend his moments with his Creator in the peace of the mountains. Whenever there was a need he would appear among the villagers and give of his wisdom. His words were few. His appearance and manner were reassuring. He had the power of healing. His presence brought harmony of life to those with whom he spent his time.

The boy who had grown to a man could stay with either the settlers or the Indians for a time when there was a need. Their ways and ambitions perturbed him not for he was set apart by his desire for an environment of peace wherein he could commune with his Creator.

From the age of three and a half years this blond boy was the Shining One. In all his life he achieved but one thing, a deep and abiding love for his Creator. All things in his life he accepted, even his circumstances at the age of three and a half years. Throughout his life he had but one emotion and that was love; love for his Creator, love for man, love for beast and love for plants.

His life was a gift he returned to his Creator and he lived it with joy and abandonment until the day he knew he was to

return to He who had been the driving goal in his life. When he passed from the sight of man an emptiness pervaded the area and all knew he was no longer amongst them.

He was the Shining One.

Be like the Shining One.

Be an inspiration to all.

Above all love your Creator as he loved his, with all that is within you.

Light the path with your acceptance and know of love.

Part Six- Spiritual Addresses for the Initiate

Introduction

This is a time of hiatus. I look outwards and receive addresses for six people to learn and deliver in public.

The teachers know the needs of each person. The address I receive for each is personal to his quest and suits none other.

Flowers that Bloom

It is a joyful occasion for the family of the beloved as they seek to give him encouragement and send him on his way into the garden that he shall grow in for a period of one day of spirit life.

They gather around the beloved. As they say their farewells, with laughter and encouragement they promise that the bond of love will remain unbroken. The beloved is strengthened by their determination to give all the support and love necessary for him to bloom in the garden of Earth.

Before his departure the beloved looks deep into the hearts and souls of all those loved ones around him, saying to himself,

I can never forget my love for these beautiful souls.
I can never forget the love they have for me.
This love I shall carry with me into the garden of Earth.
It shall nurture me through all the times I must face.
This love is our life wherever we may bloom.
This love teaches us how to live as out spirit desires us to live,
no matter which garden we are placed in to blossom.

Although the spirit of man is born in a realm far beyond the Earth, the Earth has become its temporary home. Although

man is spiritual by nature he comes to the Earth and adopts a material nature when his spirit enters the physical body. Throughout his life upon Earth he learns the lesson of mortality, *how to progress from the physical life to a better spiritual life*.

He learns compassion and tenderness. He learns patience and tolerance. Throughout these lessons he learns through suffering the opposite. Through his own hatred for himself and his fellow man he learns how to love as the Great Spirit loves. He learns how to be patient, through the experiences of impatience. His compassion, tolerance and understanding are the result of times when he receives or gives none of these qualities, but inflicts or has inflicted upon him intolerance, lack of understanding and an attitude of couldn't care less; all qualities he, at some stage, shows or has been shown by others.

The environment of the beloved is set. He comes into a garden where, through lessons of pain and suffering, he learns peace, tranquility and serenity. In such an environment he learns humility. In such an environment he learns to love. When he can no longer tolerate the pain and suffering, he inflicts upon himself and others he learns these beautiful qualities of the Great Spirit.

Knowing this the beloved enters the Earth. He knows there is pain ahead. He knows that through the centre of this pain lies the golden thread of the spiritual qualities of the Great Spirit. Throughout his pain and suffering he knows he can discover this golden thread and apply it to all aspects of his life, so that by the end of his life he may leave the Earth having acquired a deeper understanding of tolerance, compassion and human suffering.

Whatever the country, whatever the family situation, whatever the childhood, whatever the working life, whatever

the relationships, the beloved participates in during his life upon the Earth, these lessons remain the same for him, as for every soul. Should he be born into slavery, he still learns compassion, love, tolerance, understanding, patience and humility. In such a situation he learns through experiencing violence, treachery, physical suffering or malnutrition. The point remains the same. It is an environment chosen to learn the spiritual qualities of the Great Spirit.

Should he be born into a land of plenty, where there is peace, harmony and tolerance between races and creeds he still learns the qualities of the Great Spirit. This is an environment that can enable him to become complacent, satisfied with the material side of life, selfish, greedy and forgetful of his spiritual nature.

As the beloved grows in the garden of Earth, he first learns to think of others in the family he is born into. As a child he has the opportunity to become selfish or unselfish, depending upon the discipline and love he is given in his childhood. As he grows to adulthood, different experiences are given to him so he may continue to choose between selfishness and unselfishness. By the time he reaches adulthood his behaviour is set predominately in one of these two patterns. Depending upon which pattern he chooses the first part of his adult experiences unfolds in a manner according to his selfish or unselfish desires.

Should life's experiences result in the beloved becoming bitter and resentful, these experiences repeat over and over again until he loses his bitterness and resentment. Should he remain bitter and resentful when he departs the garden of Earth, the lessons are unlearnt. They are put aside for another life in a future time.

Should life's experiences result in the beloved remaining positive, tolerant, compassionate and full of love for himself

and those around him, the lesson is learnt and the repetitive pattern of experiences is broken. This enables the beloved to take a new direction in life with new lessons, still designed to test his ability to love, especially the Great Spirit.

This is the garden of Earth, a planet upon which there is joy for some and pain and suffering for others. This planet is a garden wherein grow the most beautiful souls; in whatever manner they desire. All souls may bloom in the garden of Earth. All souls, no matter the environment may bloom in love. With or without being taught of the Great Spirit, all souls may make their environment a place of beauty, a place where they can help others, with whom they have any sort of relationship, to bloom. In this way they grow, learning to think, not only of self, but of others and their wellbeing.

The spiritually strong come here to bring their spirituality to full bloom amidst the weeds of materiality. They bring with them the love and strength of their learning in spirit. They attract to themselves all that manner of events and people to bring them closer the spiritual qualities of the Great Spirit. On the Earth they place themselves under the instruction of their teachers and helpers in spirit, even when in an environment bringing pain, suffering and trauma, all of which is designed to lead them to eventual joy and spiritual growth in the love of the Great Spirit.

Those who are not so spiritually strong, yet driven by a desire to progress to a level that brings more enlightenment, come to Earth with hope. They have to learn those lessons they have the strength to master. These not so spiritually strong can bloom in the garden of Earth as they learn more of the spiritual qualities of the Great Spirit.

The garden of Earth, because of its varied environment, allows all manner of flowers, plants and weeds to grow. It welcomes all to its soil. The humble grow alongside the

arrogant. The loving grow alongside the unloving. The poor grow alongside the rich. In one family there may be a loving person, a violent person, a gentle person, a rich person and a poor person. The garden of Earth welcomes all.

The seed of each plant is in its spirit, destined in its potential to grow into a beautiful plant, full of colour, statuesque and reaching to the light. According to the strength of the seedling the plant may be choked by others or it may grow to its full height. By accepting the environment each plant may grow happily and show its individual beauty to full potential, each achieving a successful, mature life in its own right.

All souls can bloom to maturity in the garden of Earth. The daisy, although only two inches high, looks beautiful in a lawn. Because it is in its correct environment its beauty is shown to full potential. The oak tree grows to its full height in the park. It shows its full beauty because it is growing in its correct environment. The cabbage in the vegetable garden is a beautiful sight to behold. It accepts its place in the vegetable garden, not desiring to grow in a park.

Each of the beloved enters the Earth and is placed in the correct environment that enables its full bloom and growth. Upon reaching maturity and full splendour each is beautiful to behold.

Those who do not succeed in growing to their full potential have another opportunity in another section of the garden in a future time. Such beloved once again shall receive the love and support of their spiritual family when once more they take upon themselves a life in the garden of Earth, which is but a day in the life of spirit.

When Spirit Seeks to Serve

Across the plains of Earth man is once more setting up a pattern of love, a silver thread between the spirit world and the world of Earth, a pattern of love that indicates a unification between these two spheres of light, each nourishing love for each other, for life and for the Great Spirit.

Why should spirit be concerned about what takes place upon the Earth?

Why should the souls who inhabit the spirit world, a place where joy is far more abundant than upon the Earth, enter the atmosphere of Earth to bring a deeper understanding of the love that emanates throughout the spiritual kingdoms of light? Why should these souls of great beauty and advanced evolvement seek to impress upon the mind of man some of the knowledge attained in the worlds of spirit, in the kingdoms of joy, far removed from the realm of Earth?

These beautiful inhabitants of the spirit world seek only to serve the Great Spirit. Their service for him is a service of love. This love and service they show man, who lives in a world that needs as much help as it can receive for this world has inherited a darkness all of its own. By himself man fails to see the exit towards the worlds of light.

When spirit seeks to serve man by bringing to him knowledge and learning, enkindling within his mind and heart a desire to uplift self and others, spirit is living according to its own nature, its natural state of being in service for others. The advanced spirit of whom we speak comes from a world far beyond the Earth. Spirit of this nature lives in a place that has within it an intrinsic understanding that happiness is a result of living in at-one-ment with the universal laws. These laws embody the love of the Great Spirit that embodies all forms of

life, all forms of creation, including those unknown to the evolving spirit but a reality to the Great Spirit.

Living in such a manner, in such a place, advanced spirit brings this intrinsic nature and understanding of life with him wherever he travels. He has the Wings of Spirit that enable him to travel from one realm to another. Such a spirit is attached to the Earth by his desire to serve. He may have spent some part of his evolving life upon the planes of Earth and left his love there for those who follow his footsteps.

It is this love that beckons to him once more, so he returns to the Earth, drawn by that part of himself he left behind, his love. On his return he seeks to bring those upon the Earth who gravitate to his light some of the knowledge and learning he has experienced. He understands all aspects of Earth life. Having lived upon this plane, once he re-enters its atmosphere his experiences are again brought into the reality of his consciousness.

Because of these experiences he has compassion, tenderness and understanding. He has knowledge of how men grow spiritually and how they evolve from the Earth. This knowledge he seeks to impress upon the mind of the willing Seeker of Truth. He desires to see all men and women upon the Earth grow in light and stature and take their place in the Kingdoms of Light where they truly belong.

Thus evolved spirit comes to the world of Earth to help man in his search for truth. There are certain sections and factions of human life that appeal to each spirit that comes to the world of man to aid in his progress.

In man's mind each spirit could perhaps be called a specialist in a certain field, the field of his interest. A spirit may be interested in healing. He may be interested in teaching development of the spiritual side of man's nature to help free him from his pain and suffering. Naturally evolved spirit seeks

to aid whoever upon the Earth calls to his light by seeking what he has to offer. By the Law of Attraction he is drawn to the Seeker of Truth who has a similar interest in the endeavour in which the spirit specialises.

When the nature of his desire to help becomes apparent, the spirit's work of aiding man truly begins. Imagine the task before this spirit of light, he who has wide vision, he who learns by using the greater self, he who has greater contact and memory of the love vibration of the Great Spirit. This spirit speaks to the spirit self of man, but first he has to teach the seeker who is willing to listen, how to hear his voice, using his spirit mind and his greater self. He teaches the seeker how to meditate on the beautiful things of life so the spirit voice may speak to him. Unless the seeker, no matter how strong his desire, can hear the voice of spirit, how can spirit help him in his search for truth or in his work upon the Earth?

For many years spirit speaks to the mind of the seeker in varied ways, trying to get his attention. For many years spirit seeks to teach the seeker of inspiration, communication that impresses the mind of the seeker with an understanding from spirit. It takes many years for the willing spirit to teach and train the seeker of truth. The dedicated seeker perseveres so he may hear the voice of elevated spirit. Those who cannot continue fall by the way. They may then seek the voice of spirit who has less knowledge but tells the seeker what he wants to hear.

Elevated spirit who has the Wings of Spirit travels to and from worlds far beyond the Earth. He does not tell the seeker what he wants to hear. He imparts knowledge and learning that enables the seeker to initiate some service to help others on the Earth. In so doing the seeker is uplifted and his growth in love is assured. Elevated spirit furthers the education of

those who wish to evolve from the Earth and take with them as many souls as will listen.

Elevated spirit who cares about the future of man comes from a place of joy and happiness, a place where there is no bitterness, no hatred, no suffering, no pain, no selfishness and no life that is separate from the life and laws of the Great Spirit. Would man upon the Earth take upon himself the same task? Can man fully comprehend how anyone living in a state of happiness, living in a state of joy, love and fulfilment could leave such a realm of peace, harmony and tranquility to enter a place like Earth that to such a spirit is of darkness, heaviness and despair? Would man with his present understanding do the same for another upon the Earth? Would man in a state of happiness, with loved ones and security go to a place of hardship to help others without any apparent gain for self?

Those who do not seek the upliftment of their own spirits, those who do not seek to uplift the spirits of others, those who do not seek to help another soul upon the Earth in any way would never leave their own comfort to go to a place of hardship to help another. Those who seek to uplift their own spirits, the spirits of others and ease the pain and suffering in those they see living in such a manner willingly uplift themselves from their own comfort to help another.

The Power to Love

The power to love is given to those who yearn and desire with their whole heart and all their strength of mind to love. Those who desire to love attract love to themselves.

This ability springs from awareness. You cannot have an ability to motivate a force into action until you are aware that it is. Such awareness springs from desire.

What is desire? What is power? What is love?

Each person upon the Earth relates to these words according to his experiences upon the Earth or, through an awakened memory, according to his experiences in other realms. No two people relate to the meanings of these words in quite the same manner.

What is desire?

For some, desire is a burning necessity to express. For others, desire is a vague murmuring within the heart or an awareness within the consciousness that a course of action should be taken. According to the strength of the desire or according to the depth of the yearning within, a path is set and a course is plotted. This path may be short or it may be long. It may take a few years or many years to complete. Such is the strength of desire. Such is the strength of yearning.

What is love?

Love cannot be touched, yet it can be felt.

Love cannot be heard, yet it can be received.

Love cannot be tasted, yet it can be assimilated.

Love cannot be seen, yet it can be called for.

Love is everywhere, vibrating, living, pulsing, extending to all who seek its presence. It is large enough for all yet it never diminishes in the sharing.

When you desire to love its arrival is unbidden. It arrives at your doorstep and presents itself to you. In this presentation you are changed. When love enters your heart, the temple of your soul, you are changed. It teaches you to recognise its form everywhere. When you welcome love into your heart you welcome the Great Spirit, for love is the Great Spirit. It is his quality.

You understand love according to your conception of the Great Spirit. Should you relate to the Great Spirit as human

your understanding of love shall relate to what you have seen or expressed on a human level. Should you relate to the Great Spirit as a supreme power outside the human experience your understanding of love shall be that of a force far greater than seen in the human experience.

What is power?

Power is the essence of life that drives a force. This intensity may have a weak pulse or a strong pulse. According to the intensity of your desire you assimilate a greater or lesser force. According to your desire you can discipline yourself to accommodate this force.

Love has an intensity; therefore it is a force with power within it. How do you recognise love? You seek love. You desire love. You yearn for love. Love then comes to you for you have within you a spirit that has a greater awareness and compatibility with love than any human qualities. Your spirit is your life.

It is your greatest expression of the will of the Great Spirit, the power of the Great Spirit, the love of the Great Spirit. Through the Law of Attraction, your spirit enables you to draw love to you.

All people have the spirit within. Because of this all people have a compatibility with love, for the spirit is of love. Not all people, however, love. How can this be so when all have the spirit within?

Let us examine how the spirit lives while man is upon the Earth and we shall see why not all people love. Because man has free will he is able to accept or reject his awareness of his spiritual nature. Should he reject that he has a spiritual nature, his higher self, he is not destined to easily love for he is not able to recognise the finer qualities of life that emanate from his spirit, one of which is the creative urge that leads to love.

Should man reject his spiritual nature he lives this one life without further thought, seeking not to give, but to receive, seeking to live for this life only.

Should man accept his spiritual nature, his higher self, even though he may not call it so, then he is able to recognise its beauty within all men and women, varying to the degree of awareness and acceptance. He seeks to learn of this nature, seeing it as encompassing his best qualities. Experiences in life become learning processes wherein he discovers aspects to his nature far more complex than earlier believed. He discovers a deeper reality to life upon the Earth. Through his desire he attracts people of similar attitudes and experiences that will teach he of what he wishes to know. As his learning and knowledge increases so does his understanding of each aspect of life, including love.

As knowledge grows, so may love.

As knowledge grows so does the ability to assimilate knowledge grow. As knowledge grows and is incorporated into the experiences of life wisdom becomes apparent through discernment of the many expressions love has. Observation teaches that there are many upon the Earth who profess to love yet seek only to receive.

What is the common denominator?

It can only be the Great Spirit, the originator, the creator, love's progenitor. Where love springs from is the purity of its origin. Did love spring from Earth or did love spring from a greater life? Do those upon the Earth or those in higher more ethereal realms love according to its greater force? Can love be truly expressed in its purity and intensity upon the Earth? Has man the power to love?

What is the meaning of the word power?

Power drives a force. It is a current. Man houses a force and houses a current yet all men and women are different. Some are strong and some are weak. The life force of some dissipates until their experiences of life become minimal. For others the life force is strong and they can experience much. Both are able to learn of love and house a varying intensity of its power.

Both the strong and the weak have the spirit within. Both can practise disciplines that allow a greater intensity of the power of love to flow through them. All depends upon recognition of the spiritual love within that originates from higher realms.

Love and the spirit of man is not confined to the Earth. The spiritual nature of man experiences many facets of life and love simultaneously. Man who seeks to learn of how the spirit experiences life and love grows more worthy of love.

His knowledge and memory of his experiences expands. With this expansion comes a desire to live fully and, through love, serve others. In doing so he serves the Great Spirit.

How else may man serve the Great Spirit but by helping alleviate the pain and suffering of his fellow man upon the Earth, the plane of life that is the greater reality to him. In this way the stages towards spiritual enlightenment are ascertained.

To become worthy of greater places man has to grow while upon the Earth. In his awareness of the reality of life, from the power to love that is latent within him, comes the desire to serve the Great Spirit. As the Great Spirit loves, so man seeks to love and undertakes all tasks necessary to cause this desire to be fulfilled and take him closer to the Great Spirit.

Without realising it, the seeker uses the power to love within himself. With it he creates, by his thoughts and actions, a new life around him. He brings to himself and others a belief

in himself and the Great Spirit. He brings to himself and others, love, a quality that seeks the regeneration of man. By using his innate power to love, the seeker lives according to his knowledge of this power within, this love that is unselfish, this love that is for service for others, this love that is an acceptance of a power that includes devotion to the Great Spirit of Life.

Development of the Human Potential

Upon the Earth today you can see the full range of human potential. You can see man at his best and at his worst. Should you stand all men in a line from the basest to the most creative and spiritually loving you would see the history of man unfold before your eyes. You would see him grow from his most degraded animal form to his most brilliant potential upon the Earth.

How can the nature of man be so varied?

While all men and women have the body, the soul and the spirit, what causes some to rise and some to fall? Place two people in the same environment. Treat them equally and each will respond differently. One may react to circumstances in an unselfish manner while the other may respond selfishly.

When you look at the framework of the human personality you see three great divisions. Firstly, you see the body and its accompanying mind. Secondly you see the spirit and its accompanying mind. Thirdly you see the soul which is the battleground for the voice of the spirit and the voice of the body. When you look at human behaviour upon the Earth you realise that all people respond according to either the physical life, the soul or the spirit. Some respond to all three depending upon the circumstances of life they find themselves in at the time.

Let us analyse the physical nature of man.

The body belongs to the Earth. It is built from the materials of the Earth. It comes from the Earth and it returns to the Earth when its use is over. Its responses are made manifest in the intellectual conscious mind that most men and women seek to use to full potential while at the same time not understanding how it works.

For some the conscious mind is a disadvantage. It leads them into the byways of destruction. Because the physical body belongs to the Earth its mind nurtures all things relating to the Earth in preference to all else.

Earth life is designed for the individual. Each personality carves out his own life and makes his own way. He works for a living. He provides food that allows his body to survive. He provides a shelter for himself and his family or those with whom he shares his life. By its own nature Earth life causes the individual personality to become selfish, because to provide for his own needs he often has to ignore the needs of others.

For example.

Should five or six people be going for a job only one will succeed. All others leave unfulfilled. Each sells his potential to the prospective employer and causes others to be seen at a disadvantage.

The potential of the conscious mind is to instruct the physical house on how to be competitive, on how to shine at a cost to others and how to be seen as greater than those around. This results in telling lies about others, being critical of others and by speaking in such a manner that your characteristics are seen to be wonderful compared with others. The full potential of the physical house can be vanity,

selfishness, jealousy, hatred, bitterness and competitiveness, plus the desire to shine above all others.

Let us examine the spiritual nature of man.

The spirit of man, unlike the physical house, does not belong to the Earth. Its nature and its make-up come from the spirit world that is closer to the qualities of the Great Spirit than to the physical qualities of the Earth. Selfishness, vanity and the other qualities of the physical house do not belong to the spirit.

The qualities of the spirit are everything that lifts man beyond the Earth. They are inspiration, love, beauty, heroism, creativity and unselfishness. They are peace, tranquility and serenity. You do not see these qualities in any depth in those who live according to the nature of the physical house. They are present in abundance in those who live more in accordance with their spiritual aspirations.

Because man is living upon the Earth it is natural for him to develop the nature of the physical body. It is more difficult for him to develop a nature that does not come from the Earth. To develop the qualities of the spirit he forgoes addiction to the qualities of physical life, replacing them with higher values.

For example.

Where there is hatred, he replaces it with love.

Where there is bitterness, he replaces it with joy.

Where there is depression, he replaces it with happiness.

Where there is selfishness, he replaces it with unselfishness.

Let us examine the soul of man.

The soul can be likened to a vast reservoir, wherein lies all memories of life. Within the soul lies the personality that has

experienced the nature of the physical house and the nature of the spirit. It is natural for the soul to express both natures. This causes it to be likened to a battleground for only one of these two natures can be in control at one time. Only one can be expressed at one time. Although the physical house naturally reigns supreme the personality decides which nature to adopt for the moment.

For a good part of their lives people, although unaware, swing between one nature and the other. The result is confusion within which is reflected in their lives. Often they do not know how to choose, but choose they must as the two natures are incompatible. For a stable way of life to be maintained a choice must eventually be made.

What is the potential of the human personality according to the knowledge we have to this day?

What we seek to discover is the potential of each path of travel. What is the result of developing the potential of the spiritual nature? The personality of the soul expresses the true nature of the spirit through intuition and heightened awareness.

Everyone has seen or heard of the most bestial of human behaviour. The human being has tremendous potential for behaving in a manner no animal upon the Earth would behave in, murder, rape, torture and every known sexual degradation that can possibly be committed, one to the other.

In such human personalities the finer qualities of the spiritual nature are not apparent. The nature of the physical house has small beginnings that can lead to extremes although many people are in the middle. What begins as tantrum and demand for attention results in similar behaviour taken to an extreme.

Selfishness takes all from another.

Tantrums leads to violence.

The demand for attention leads to the commitment of vile acts that can come to public attention.

Those who travel the path of physical life only and disregard the finer qualities of the spirit, have no self-discipline. They see their lives upon the Earth as theirs to be lived according to their own desires, without a thought to the needs or feelings of others. Such selfishness eventually breeds hatred and all its associated qualities, hatred for self and others. They become tied to the Earth by this nature, through their thoughts and their actions.

The finest spiritual quality that can manifest upon the Earth is seen in those of the Masters of Spirit and Earth in the making. These noble spirits have travelled the path of the Earth and understand all its degradation, beauty, sorrow, tears and happiness. They have experienced all qualities of the physical house and have full understanding of the personality of man. Not everyone upon the Earth sees or recognises these Masters in the making because due to the Law of Attraction, to see such qualities you must have them to a degree within yourself.

Most people can recognise the qualities of degradation in another and are horrified at such vile behaviour. This may be because they have once travelled the same road and are now returning along the path to enlightenment. They are travelling towards the enlightened spiritual person upon the Earth who has the potential of becoming a Master of Spirit and Earth.

The nature of man that is apparent to a large group of people upon the Earth of an intelligent nature is the soul personality that incorporates both the physical and spiritual qualities. Among this group many are striving to develop the spiritual nature for they have discovered that the physical

nature alone does not bring joy and happiness, more loneliness and despair.

Through trauma, pain and suffering in their lives they have turned to the finer qualities of the spirit, whether they recognise these qualities as being of the spirit or not. Whether people believe these finer qualities are of the Great Spirit or not, the sparks of these qualities still exist within, waiting to be developed.

How can spiritual qualities be developed?

How can qualities of the physical house be placed in perspective?

Love embodies all the spiritual qualities from the Great Spirit. Discovering how the quality of love can be learnt and expressed takes a lifetime. Qualities of love are gentleness, kindness, unselfishness, tolerance, discernment, tenderness, serenity, peace, tranquility and wisdom. Qualities of love are wrapped up in happiness.

Spiritual qualities are developed when inner happiness levels are raised. The first discipline is to raise happiness levels. This is done by attuning to the Great Spirit and his creative forces on the Earth and in the universe. Growth comes through awareness of such beauty, seeing it in all people despite their frailties.

It takes discipline to develop the qualities of the spirit. It takes discipline to train the conscious mind to become a servant of the spiritual mind instead of its intellectual master. All impressions from the spiritual mind are relayed to the conscious mind for recognition but, must wait for the conscious mind to be still.

Whenever you see yourself or another with a critical eye you are using the physical mind that leads to negative thinking. Whenever you acknowledge, in some way, the creative beauty

around, you are reflecting on the creative qualities of the Great Spirit. This leads to a force that ascends. Avenues of the mind reopen. You begin to travel a path that leads to enlightenment.

Teach the soul not to focus on physical life. Teach the soul to listen to the spirit. Learn to be in the world but not of it. Learn acceptance and love, through experience. Gain control of your life. You then put aside despair, hopelessness and aimlessness. After learning the full potential of the physical house, discover the full measure of the spirit potential within. Spend a lifetime turning this discovery into a reality.

First Opportunity

Before a spirit enters this life a bond is formed between himself and a companion in spirit, one who promises to accompany and help him throughout his journey upon the Earth. A spirit doorkeeper guards the incarnating spirit throughout his life. Many guides and helpers, blessed with the power of love, travel with him at various stages of the journey. All care deeply what happens to the incarnating soul. All seek to serve him, and in so doing, serve the Great Spirit.

Before a spirit enters the Earth he is made aware that he will not be deserted. He is made aware that there are those who will seek to guide and protect him throughout his journey upon the Earth. This knowledge gives him strength to begin a journey that is difficult. Life upon the Earth, although embracing happiness at times, has many sorrows and difficulties.

Strength forms in the spirit who is about to incarnate upon the Earth. He is doing so because he desires spiritual growth. He desires to progress to a greater realm of enlightenment. He can put into practice on the Earth all he learns in the spirit world. Through free will he can decide, under the guidance of the Lords of Karma, to enter the Earth once more. He is well

schooled in all that takes place. He is shown the opportunities in life to be presented to him.

He talks and plans with those who will be remaining in the spirit world while he is living upon the Earth. He is aware of the force of their love, support, guidance and help. He is aware of how they seek for him to succeed in all that he is to experience. The incarnating spirit is well schooled in what awaits him in his coming Earthly life.

Although well-schooled before incarnating into the Earth, when he comes to the Earth his memory is poor and he easily forgets the tasks he has been set. He finds it difficult to use the spiritual mind that relates to spiritual affairs. His awareness and intuition is indistinct.

Relationships form upon the Earth. The spirit, now shrouded in his soul, learns to live with other people. During his formative years he is given certain opportunities to succeed and grow in the way of Earth life. In some environments the opportunities for success are limited. In other environments there is plenty of opportunity. The ability to make choices is one of the lessons he must master.

By the end of his first fourteen years the pattern of his life is set. Should the strength, inherited from the spiritual realms, become apparent he learns easily. He achieves a vast amount of learning in a short time. Should this inherited strength be unawakened he does not learn so easily and a repetitive pattern of learning is set up.

For example.

Those who find difficulty in relating to a brother or sister in family life meet, in a work situation, similar personalities and have to relate to them at work. The personality may be an employer, a fellow worker or a cafeteria lady with whom there is daily contact. Should the lesson of this particular relationship remain unresolved, upon marriage, the person

may have a son or a daughter who is similar to the brother or sister he could not get on with. In this way he is forced to live for many years, with a personality he has difficulty relating to.

As he grows the world opens. His lessons in life multiply. Throughout Earth life opportunities are presented to each soul, opportunities that provide a chance for growth and expansion of awareness. He meets new people. He faces new challenges. He has opportunities to change direction and form new relationships with new people. Whether choices made are wise or not depends on his ability to discern how each decision opens a new path.

Life can be a cruel teacher. The result of many decisions can lead to despondency and despair rather than happiness and fulfilment. At some stage in life his soul bows under the weight of despair. He calls out to the Great Spirit asking for guidance and an understanding of his purpose in life. Throughout all experiences prior to this call for help his guides and helpers have been with him, seeking to uplift and guide him on his journey. Many times he is oblivious to the promptings and guidance coming from these loved ones through his inner voice, the voice that is only heard when the physical mind is quiet and still.

In despair the physical mind is stilled through pain. The voice of opportunity is then heard. This voice leads him to what is termed *the first opportunity*. This opportunity is one that enables him to make a major change in life that will take him to knowledge of this world, to the greater world and finally to wisdom.

This opportunity, if accepted causes a major change in his life style. It requires him to leave behind the life he knows. He totally changes his environment. He goes into an area of life where he knows nobody. He leaves behind loved ones and those he thought he cares about. In whatever form the change

takes, pain and suffering accompanies it for a while, although the changes are smooth.

This gives trust and hope that the future is brighter. He maintains his trust and belief in the course he is taking although he is blind to its outcome.

At this point he is taking a step away from ignorance. Those who are ignorant are traveling a path, unaware of its destination. They are not masters of their destiny. They are recipients of whatever life deals to them. He is now making his way through the portal of his first opportunity to a path that leads to fulfilment and happiness, embodying a search for enlightenment regarding the Great Spirit.

When such a first opportunity presents itself because of his cry from the heart to the Great Spirit, should he refuse to take this step into the unknown, his first opportunity slips away and with it the smooth-running events that accompany it. The Lords of Karma, in their compassion and understanding of the Earth mind present other opportunities for major change. Events around these opportunities do not run smoothly or unfold naturally. There are delays and difficulties. He has to find an increased determination within to succeed.

For example.

The house he seeks to live in is difficult to buy. There are money difficulties. There is antagonism from the people he must deal with. All events test his determination to make the purchase his heart desires.

He now becomes observant of life. He sees what is necessary for him to succeed in his relationships. He learns patience. He learns tolerance and compassion. He seeks serenity and peace. He does not mind the humiliations his spirit suffers in the physical body for he understands the

journey upon the Earth is for but a short time and his soul and spirit will travel further.

His mind reaches out to the Great Spirit. His heart reaches out to the love of the Great Spirit. He seeks to gain knowledge of the will of the Great Spirit.

When he gains these things, he seeks to share them with others. Because of this, further opportunities are presented to him so he may grow. Each of the *first opportunities* that are presented to him continue to come with pain and trauma but are still accompanied by smooth running events. Each time he leaves behind a way of thinking and a way of living, drawing to himself further knowledge and awareness of the Great Spirit and the love that accompanies such awareness.

He now becomes a servant. He eventually welcomes change, aware that it heralds a greater future that leads him to greater awareness of worlds beyond the Earth, a greater future that draws him to people with open minds and more expansive goals. Many people are travelling through loneliness and despair along the Path of Ignorance. When they seek, through change, to discover knowledge of the Great Spirit they discover others taking the same journey along the same path.

The Tides of Life

There is a time and there is a season for all things upon the Earth. As waves reach the upper boundaries of the beach, then travel in equal distance on the return journey to the sea, they mirror for man the Tides of Life. In life there is a time for reflection and a time for action. There is a time for planning and a time for tranquility. For each person the tide comes in and the tide goes out.

Discover the Tides of Life in your life and you may gain wisdom. Know when the creative force of life is with you and you shall have success in all you do. Recognise when the

creative force of life is not flowing with you and you shall conserve your energies until the day the tide turns and this creative force is with you once more.

Knowledge in these affairs comes from two sources, *experience* and your *inner voice*.

When you become observant in your life you realise that your successes were easily achieved with everything appearing to run smoothly. You realise your failures came when, against all odds, you continued to try to achieve what was not yours to achieve. Although success in the right season seems easily achieved, this is really so only with applied effort and consistent hard work. In the wrong season the same effort and hard work brings failure.

How do you know the right season for action?
How do you know the right season for planning?
How do you know the right season for reflection?
How do you achieve tranquility of mind?

When you are fortunate to be born healthy you have five senses to develop and strengthen throughout life. A sixth sense, *intuition, the sense of knowing that leads to clairsentience* is one of the spiritual senses. It is also available for development. It is used by the first guidance that can enhance the five senses belonging to man's physical body.

This *knowing* is part of the *inner voice*. It is one aspect of the spirit voice within. It is personal to each. It cannot easily be explained to another. The correct words to describe it are not easily come by. The *sense of knowing* is aware of the patterns of energy within you, around you and throughout the Earth and universe. It is aware of the direction and force of energy that directly influences your Earth life. It tells you when to go and when to stop.

Your spirit is aware that all energy, both upon the Earth and in the worlds of spirit has originally radiated from the Great Spirit. Your spirit knows and understands that the will of the Great Spirits is life. It is natural for your spirit to always seek to tune into the will of the Great Spirit.

Your Earthly body tunes into the refracted rays of energy that come from the Earth's sun and planets in its universe. It seeks to move according to such energies for it realises that these energies are the giver of its life. Your body is made from Earthly material. Earth energy is needed to motivate it. Your spirit within is the driver of the body, but the body having an energy of its own, does not always want to follow the direction of its driver.

How do you know the correct season for planning?

The time for planning comes prior to change. It is a time for repetitive activity that precedes the time of reflection. When you are selfish and think only of yourself, you dash about the Earth doing what you please, when you please, never understanding why things do not always turn out as you desire. When all your thoughts and plans centre on yourself, you face possible failure in your ventures. The successes you do have may not bring you any happiness. They may not turn out to be the golden apples you thought they would be.

How do you know the right season for reflection?

Should your thoughts and plans in life be the result of a desire within to learn and grow through life's experiences, you become aware of the shifting forces that flow through you. These forces are derived from the Earth, the sun and the universe. When your thoughts do not continually revolve around yourself, you have periods of quiet and calm. During these times, when you stop and relax, you hear your spirit that

gives you a *knowing*. This *knowing* instructs you to sit quietly and reflect upon your plans. It then gives you the signal when it is time to proceed to put events into action.

Because you are listening to the spirit within you have patience. Because you have patience and you are listening you recognise an opportunity when it is presented. You are aware of the shifting forces that present the opportunity that leads to action. The mind that is quiet and reflective can hear. When the tide is out the forces are as gentle as the small waves that lap the seashores. They flow through the quiet mind that is tranquil. Upon the waves of these gentle forces float ideas drawn to the tranquil mind by the desire of the heart.

How do you know the right season for action?

Because you are unselfish you are patient. You plan. You reflect. You wait. One morning you awaken knowing the day to be different. You are aware of changes in the forces that have been flowing through you. You no longer feel peaceful, tranquil and reflective. You feel alive and energetic. Your mind is sharp. You know that this is a day that will see the beginning of a new venture. You know that on this day fortune is yours. You are prepared for any events that may eventuate, no matter how unlikely they are. Prior to this you have planned and prepared. *The time of action is initiated*.

In your life you have appointments to meet. Your spirit does its best to ensure these appointments are kept. Should you meet these appointments each heralds a change in your life's pattern. Each heralds the beginning of a new wave in life. Each heralds new people coming to you. Each heralds some change of circumstances. Your ideas change. The people you know change or leave. Life around you changes.

Where you were satisfied you become dissatisfied. Where you were fulfilled you are unfulfilled. You become restless and

desire changes. As this desire grows to a yearning within, you draw to yourself the change you so seek, the change you have reflected upon and planned for. This change when it comes is not always how you anticipated. Change is one way people upon the Earth enter into the understanding of spirit life.

People are drawn to you. They give you the information you need. They herald the beginning of a new way of life. In spite of obstacles, as you continue to seek, a greater truth of life and information comes. Teachings come. You are led towards fulfilment.

Prior to this there is a time of disquiet that can last several years. In this time nothing is achieved. No plans are formulated. No action comes to fulfilment. All is in a quiet stasis. The tides, the forces of life, are gentle and non-active. A time of reflection is entered into and tranquility of the mind is achieved. You do not know what direction life is going to take.

When the time to meet an appointment comes, you are prepared. You meet someone or make a decision that brings change to your life. The event may or may not be insignificant. Later, upon reflection, you see this day as the beginning of change.

The times of planning, reflection and action prepare you for the time of meeting appointments that lead to change. *Life is yours for the living*.

Part 7-The Continued Journey of a Soul

Introduction

The Continued Journey of a Soul portrays the emotional vicissitudes of a one-month period of isolation that produces change around me rather than change within me. Life is my greatest treasure but I am eroding it. Ill-health takes me into one month of isolation. The wheel is turning in a new direction that I am not yet aware of.

During this month I experience dialogue with a particular teacher. This time is more than visions. I am living in a spirit world for the time I receive these teachings. I go into a life, not by looking outward, but by reaching into myself as though through the smallest atom within me.

I am in the desert and find my way to an oasis where I meet an unassuming man attired in desert garb who is sitting waiting for me. Sometimes I start our dialogue and sometimes he begins with a teaching.

There is a prophetic vein running through that projects into a future not yet apparent or even on the horizon. There is also a strong aura of protection even though at the time I am unaware that I need protection for in my life I want to be where I am but I do have doubts that it is good for me.

Does the pattern of life emerge with the weaving of the colours of its tapestry?

At the end of life, seen in completion, the picture reveals everything.

During our lives we do not always see the picture that shows our purpose and the activities of our learning.

How then, while you are on Earth, can you see the complete picture of the chapters of your lives wherever they are lived?

I have had three disconcerting out of body experiences. My first experience, when I am nine years old, is under the influence of ether anaesthetic and the experience is as real as my life on Earth. I am alive and alert, aware that I have no body. Alone, afraid and in the dark I am travelling through space at speeds beyond comprehension. Time stands still and I am living in eternity. I have no control over the situation and I want to scream with fear, then a calming realisation comes to me – *Just wait*. *This will pass*.

My second experience takes place during a yoga class with a young teacher. While we are doing breathing exercises I find myself near the ceiling looking down on myself and the class. I never do these exercises again because I do not have enough knowledge to control such a situation and I have never liked to be at the mercy of out of control situations or other people. This is why I rarely drink and have never taken drugs. Both promote similar out of body experiences.

The third experience is a near death experience. I am travelling gently through light, as though in a tunnel made of light and ethereal fog. I am making my way home with joy. I meet the Silver People face to face. Their ethereal presence cloaks a light too bright for me to bear witness to. They speak without words and tell me I can go with them but I have a choice. I want to stay and do the work I have planned to do.

They smile gently and ask,
Are you sure that is what you will be doing?

Although I respond, *I want to try,* their question tells me this may not be. They do not want me to move, so for two hours they show me a black and white movie of the history of the world in its karmatic context.

Crossroads

I travelled through the mists of time that shrouded my life. As the veil of the mists lifted my vision cleared and I perceived life beyond this time and dimension. I was given a vision of the history of the Earth in relief, a history that went beyond my memory and experience.

They stood waiting for me beyond the Door of Light that heralded my journey from the mists of the Earth. I halted, not approaching.

I am not ready to abandon the mists. I wish to complete the work I have begun even though these Beings herald a journey into a new and more beautiful dimension.

With my spirit quickened and my soul alert I returned through the veil and sought rest. With a sadness upon me I realised that my continued journey would give me little rest or relief from pain and sorrow for some time. I pondered, seeking comprehension, but understanding was to elude me for some years.

It was given to me that in a time ahead the veil would lift, giving me sight and understanding of my life on Earth and in the worlds of light beyond the mists. Before this time I would again communicate with the teachers, then experience all foretold in what was given to me.

This is my first meeting with a wise and calm man who has the wisdom of the universe at his fingertips. He has a way of putting things in perspective so I am aware of the wheel of life turning and change bringing everything to me that I need.

Analysis

Since I completed my last term of learning with you I have travelled what seems a distance. As you promised events came to my doorstep to allow me to practise all I had learnt

from you. This part of the journey has taken three years. Wisdom has fled my doorstep. I still seek strength. I still seek perseverance. I still seek love. Above all I still seek wisdom. I have been told by another to seek acceptance, but I cannot.

Will wisdom knock at my door and present her countenance? Where once I saw the pattern of my life, now I am shrouded in the mists and my vision has fled. My sureness of foot trembles because of my lack of vision.

I am privileged to be with you once more. I welcome this new direction of learning. Although I feel there is to be some happiness in my new course of life, I admit to a feeling of apprehension. Direction does not seem clear when it should. It did not come after I took that first step into this new life.

You are here once more so you must have completed the required distance. Have you not, therefore, had vision and wisdom? Vision and wisdom are not always apparent to those who walk the Earth, yet they do accompany the struggling soul who endeavours to retrieve knowledge of his countenance.

Had you not listened to the direction given to you, you would not be here seeking a new dimension of thought. Had you not listened you would not have love in your heart for life and the Great Spirit. Had you not listened you would not once more have discovered the path to this Temple of Learning.

Do you remember how you offered your services to the Great Spirit? Do you remember how you could not then give him your life to use according to His will? His Wisdom will prevail. Through your free will you make certain decisions upon the Earth. As a result your direction is set. You choose your direction and destination and accordingly come to acceptance. What have you learnt?

I have learnt that in all life the only certainty is love. Through joy, happiness, pain and sorrow, love can rule. When love is abandoned shadows come, bringing confusion. Loneliness of the heart is the result. I can see how much better it is to willingly hand your life to the Great Spirit than have its fragility questioned.

My prayer is, O Great Spirit, I seek to serve you in the fullness of light. The gift I return to your keeping is my love and my life. I seek for your will to be my will. In this I seek to be your humble servant, serving you in whatever manner or direction is of most benefit. I shall become as flotsam on the oceans, going where I may best serve. I shall be as adaptable to change in direction as the chameleon is to its environment. I place my future in your hands rather than in the hands of man. My reward shall be the privilege of serving you.

The lesson is learnt, the lesson that teaches you to "Be in the world, but be not of it."

We race through time and there is nothing we can do to change this. The Law of Change is apparent at all times, but often not appreciated until a moment passes. I am reminded about the larger picture of life.

Direction

Within your soul you carry your innermost desire.
Within your mind you carry your will.
Within your heart you carry your love.
Within your spirit you carry your destination.
Where will all these things take you?

My soul has two desires.
My mind has two wills.

My heart grows daily in its capacity to love.
My spirit speaks to me more and more often.

Of my mind I can only say that I seek to be with my beloved, yet I also seek to serve the Great Spirit. Is this a condition of service?

Service for the Great Spirit carries on through all the planes of life in all manner of ways.

Upon the Earth my vision is narrowed by my experiences. I have had to discover how the physical demands function. Ignorance of the ways of the physical demands and the ways of the spirit narrow my free will, and so I stumble.

The act of stumbling causes the will to strengthen. In this way you grow out of ignorance.

This has caused me to feel alone. Always I have sought to free myself from the karmatic cycle, knowing the steps towards such a goal bring pain and suffering as they bare the soul and expose the weaknesses.

Only then may the spirit rule and cause your life to flourish. Through your decision to use the will according to the degree of wisdom available, the heart learns the lessons of love.

Within the silence of contemplation, love must surface.
Within the noise of Earthly tensions, love must surface.
Within the trauma of incapacity, love must surface.
Within the mind, through its will, love must be.

According to the measure of love learnt the spirit may proclaim its wisdom. The spirit always responds to desire for truth. It always responds to the will to learn. Only then will it teach of the Great Spirit, so He may manifest in one more soul.

From this day speak no word other than the word of the Great Spirit's truth. I give you a blessing that will draw a light to you. This light will cause your words to manifest into your reality. Think no thought other than the Great Spirit's Truth, for this same light enables your thoughts to construct your reality. In this way you learn responsibility for the direction of your creative life.

What we need and what we want are rarely the same. It takes someone who has our best interests at heart to give us the proverbial kick up the backside to see the need to change the circumstances of our lives; but how gently this is done.

The allusion to the Christ Mother is locked into my mind as an exquisite example of the beauty of a parable.

A Realisation

A realisation of loss has come to me, one that cuts like a knife, yet within myself I have known of this for some time.

All you thought you were training for, you shall not do.
All you thought you would achieve, you shall not achieve.
All you build shall be lost to you.
All you work for shall be given to another.
You shall come and you shall go, and no-one shall know of you.
You shall lay the foundation of the temple, yet not be a part of its glory.
Through all of this you shall know of things, but you shall not speak of them.

See the mother of Jesus as she stands at the foot of his cross. Her presence is strength to him. Her love enables him to endure. The Sword of Truth cuts deeply into her heart. She knows of a love and a sorrow that knows no bounds. She shows mankind the depth, the loyalty and the strength of love.

There are many enlightened souls who have lived upon the Earth. Many have shown the way but none so well as the mother of Jesus has shown such strength of love. She has left her love upon the Earth so you may tune into her example, and so be like her.

I am honoured that I am permitted to retain the experience of learning and knowing in the spirit worlds then bringing what I learn and know back to the physical world. This memory consolidates my understanding that what we learn and understand so easily in the worlds of spirit is more difficult to translate into action in physical life.

Fullness of Bloom

I have something important for you today,

See this flower. It grows here as it should, in full bloom and full beauty. Place this flower in an environment that nourishes it not and it shall wither and die.

You are like this flower. Here in this spiritual haven you receive the nourishment you require for your beauty to reach full bloom, yet I am sending you back into an environment that nourishes you not, an environment that may cause you to wither and die. You shall return to this environment and it shall seek to destroy the beauty of the full bloom we nurture you to here in the world of spirit.

Upon the Earth you struggle and this you shall continue to do. Your struggle is how to bring your Earthly vehicle and

environment to the full beauty of bloom that is your spirit, so that the fullness of spiritual bloom may manifest in the Earthly body.

Think not on your Earthly body. Think on the fullness of bloom your spirit manifests here. Take this memory with you and nurture it for the rest of your Earthly days.

We share our lives with other people. We share our time and we share events. How we appreciate these things is dependent upon why each person is participating.

Some people relate everything they experience only to their lives. Aware of what they need for themselves they take time, energy and companionship from others.

Some people relate experiences to their effect upon others as well as themselves. Unselfishly they try to ease others' burdens and give according to what others need; aware of what is needed and happy to give.

Tunnel Vision

I see life through eyes that are the mirror of my experiences. When these experiences are shared they bring me joy. I must believe that joy is also received and shared by the sharer yet in my heart I do not feel this is so. Do shared experiences bring equal joy?

Hope is a virtue that travels alongside love. It is kindled by a desire for a future that belongs to worlds beyond the Earth. From hope springs eternal joy. Your thoughts and your experiences create a chord for knowledge and wisdom to travel along.

Sharing experiences has a limiting factor that applies not only to you but to all. No one soul can bring eternal joy to another. Your joy is contagious and causes another to

respond, according to his thoughts, his desire and his experiences.

Although you share your experiences rewards differ according to the knowledge and wisdom of each. Enlighten each other and so expand the limitations of the other's experiences. Live for another but never put another before the Great Spirit.

I have received many references to the Temple of Truth. At this time I am made aware that wherever the life, in whatever the circumstances, the temple is a place of knowledge available for those who seek what it offers. It does not stand in a particular place. It is everywhere, waiting to be discovered.

It can be found in all spiritual worlds through our dreams, our daydreams, our reflective meditations and our prayers.

The Temple of Truth

Why does the Temple of Truth stand in the middle of a desert? What is this Temple? Why do I never see anyone here, but you? Why do I feel so humble before you?

When I come here, my heart aches with love. I am different to the *"me"* I know upon the Earth. Here with you I am in awe of all that you are. I am a child in your hands, a child who seeks to learn, to love as you love, and as the Great Spirit loves. I seek to live as you live, in the light of the Great Spirit's way. Here I think of greater things. I think of you and I think of the Great Spirit. Here I relate all things to the Great Spirit. Upon the Earth I think of me. There I relate all things to myself. There I continually seek answers to my Earthly life and experiences.

The Temple of Truth is in a desert for you because you come from the desert. In the desert you starve and thirst for the

Great Spirit. You wander that barren land seeking an oasis that will bring you to life, for you can find little to nourish you. Through this desert there is a pathway, not easily seen or found, but a pathway all the same. You may cross this pathway many times, yet be unaware that is there, leading to a beautiful oasis, the Temple of Truth.

One day, instead of wandering with your eyes to the ground you lifted your eyes and sought beyond the horizon for the path that could take you away from the desert. With your expanded vision you then saw the signposts that could show you the pathway, although you still did not know to where this pathway would lead you. First with curiosity then with courage, you walked this pathway which seemed to lead you deeper into the desert. As you walked you met others with eyes cast down who crossed the path ahead of you and behind you. They could not understand your direction.

Because you continued, not travelling with these others you encountered, you came to this Temple, a Temple that must be reached alone. You arrived before and after others, because it is a journey that each makes alone. You have now chosen to return to the Temple for this is the only pathway you know in the desert that has a direction. Even though you may wander from it you will always return to it.

You ask why you feel humble before me, the only soul you encounter here.

Have you looked about the Temple?

Have you seen with eyes that see?

Do you have tunnel vision while here in spirit?

Do you relate only to the one who can guide and teach you, and so help your return journey through the desert?

You will once again face the desert, although your direction will be different. This Temple is an oasis for you, a time of learning, that you may gather strength, to once more face the

rigours of the desert. When you once more enter its harsh environment you will not know your direction and you will have to find the path yourself. While you are here I guide you according to your willingness to learn. I seek to teach and reveal to you, your weaknesses, that you may turn them into your strengths. You will need strength to continue your journey.

I may have greater vision now, but one day you will return here and speak with me, on a day when you have completed your journey. We shall sit here, as we sit now, and you shall tell me of all you have learnt. Then together we shall praise the Great Spirit. All travellers who can find the pathway are welcomed here in this oasis of peace. You are a welcomed traveller.

Who Chooses Who?

Many are called but few are chosen.

I have heard these words many times yet I do not truly understand what they mean. I do not know who calls. Men and women upon the Earth call frequently to the Great Spirit. They say they love him and need his help. They say they truly desire to serve him. In my travels through the Veils of Ignorance I have found few who live only for his name.

Intention is pure but resolve weakens under duress.

Who does the Great Spirit call?
How does the Great Spirit call?
How do people hear His call?
How do people know what answering His call entails?
Does the pupil choose the teacher or does the teacher choose the pupil?
How is this done?

As the Veils of Ignorance are slowly shed, answers come. The unfolding of wisdom comes years after events and questions. Knowledge filters through slowly. When you receive illumination, for a moment you are as light. Another veil has been removed. Comprehension is approaching.

For so long I have felt illumination and enlightenment just beyond my fingertips. I have been shown the door and the window through which illumination filters. My mind was seared by the small amount of light I was permitted to see, light I could not bear. I realised what a poor vessel of wisdom I was yet my determination to work in this one life has increased. I am determined still to live for a cause other than myself. I seek the Great Spirit. I seek all experiences that can teach me wisdom.

The spiritual light of the Great Spirit is everywhere. It is the chord of life that remains unbroken since the beginning of time. Spirit communicates to spirit. Spirit responds to the call of spirit. The Holy Spirit of the eternal Great Spirit calls and chooses.

Your spirit responds to the call but the call is individual. All are called, but who chooses to answer? Many times the call is rejected and the moment is lost. Another effort remains unborn. For those who heed the call spiritual learning to enable progress through the Veils of Ignorance and Deception begins. Through the Desert of Time they journey, many times losing their way. Eventually they find an oasis where, should they have the key they may remain for a term.

Those who recognise that the Wisdom of the Ages can be found within the sanctum shall be taught. Their choice to remain must be in spite of the obstacles presented to them by

the Master Teacher who does everything within his power to reject the student, so the student will turn away. Who chooses Who?

We all seek hope that this life we are living has meaning. These words fill me with hope and strengthen my awareness of the varied nature of a continued life. I cannot write or talk in this way on my own. I cannot make these words come to me. I can only accept their symbolism with awe when they do come. I love them and I adopt this sign for my treatment business many years later.

A Sign

The Silver People came to me but I chose not to go. I fought the journey. I could not understand why it was asked of me. It did not seem right. I do not understand any of what is taking place.

The storm of emotions shall come and shall pass. The pain shall overwhelm. It shall ease and then the journey shall continue.

I asked for a sign that would explain all of what is happening and this was given to me.

The disc of the sun with the falcon in relief in the centre.

These words were spoken to me,
The Falcon shall return.

There are greater things than that which is known in heaven or on Earth. To those who live upon the Earth, time moves slowly. A life goes by from birth to death. As the years pass the soul appears to learn so little. Maturity seems so little different from childhood. A life passes. The young become old. Birth is

replaced with death. They in turn pass and the generations move on. In this way life upon the Earth continues, with very little change taking place for many years. Each incarnating soul seems to repeat the same lessons, lessons that lead to illumination and enlightenment. Progress upon the Earth seems slow and arduous.

To the space travellers, the Silver People, the Earth appears very differently. The traveller calls at the Earth on his journey and stops for a while, perusing events and calculating the rate of evolution. After this brief encounter with Earth life, during which he may impart knowledge, he continues his journey through the Kingdoms of Life. One day the traveller again returns and peruses events. Although the travellers' journey was short, 500 years of Earth life have passed. The environment may have changed but the human lessons on the Earth have remained the same, so to the traveller, no time has passed at all.

There is one who has been and who shall come again. He is symbolised to you as the Falcon Eagle. He heralds a tale of life from Beyond the Pale. He brings a song of freedom. He comes to those who have dwelt, for a time, in the Temple of Truth and learnt of the Wisdom of the Ages. He brings a light that will train you in a future task of supreme service. He is not what he seems. Because he teaches of Beyond the Pale he is your greatest test. Besides being a light that can cause creation for a future he is also a force that can cause destruction and death, to make way for the future.

With love in your heart, follow the Falcon. His sign is the disc of the full sun with the Falcon in relief in the centre. Travel with the Falcon wherever he may lead you. Become as a nomad, with no direction but that of the Falcon's request.

Train your spirit within to hear the voice of this spirit and you shall learn of the Falcon and his ways. He Who Has Eyes

like Diamonds travels with the Falcon. When the Falcon returns, He Who Has Eyes like Diamonds shall accompany him. He shall bring you a sign of his guidance for the future. With him lie direction, hope and promise and a key that will unlock a gateway to the Kingdoms of Light.

To the Spiritual Teacher who comes to the Earth to teach the Seekers of Truth the Earth appears as a Sanctum of Light, wherein dwell spirits of the Great Spirit. These spirits find it difficult to shine and their light is dimmed because of the mists of carnal thought.

O child of the Great Spirit, O Seeker of Truth, recall your greater self. Choose to know of life beyond this Earth where there are loyal Earth inhabitants who have returned to plan, learn, teach and live.

Help is available for all people in their hour of need. It comes when they calm themselves and quieten their minds. We cannot accept help from just anyone. It has to come from someone who exudes qualities we need in such a time. The qualities of strength, calm, wisdom and kindness radiate to the one in need to enable some sort of passage to be made.

Cobweb of Light

Spin around yourself a cobweb of spiritual light. Spin it as does the spider. Make for yourself a haven inside, a haven that is filled with Divine Light and an understanding of the Divine Laws and greater plans. Seek not to penetrate this cocoon and respond to the world of men and women. Seek not for others to penetrate this cocoon and draw you out.

Live in this way for a time. Bathe in rest, love and peace. Seek nothing more than to live for the moment of now. Seek not to understand why and how things are as they are. They are that they are.

Respond not to the callings of the ways of others. Be as the monument in the desert, standing firm and implacable to the Winds of Time, allowing the Sands of Time to swirl around, yet bend you not. At the insistent call of another, respond as do the Masters, firm to the ways of truth and implacable in the disciplines of learning.

Seek to draw to yourself a light that shall guide you when you take upon yourself once more, the rigours of your journey through the Mists of Time. Seek to draw to yourself a knowing that shall give you endurance to continue the journey you once more take up. Seek to draw to yourself a wisdom that shall cause you to be waylaid by no-one, for the beguilers shall abound and seek to draw you into their midst with their offers of friendship and security.

Listen to no man or woman.

Draw on all you have learnt and have faith in your greater self. Your journey, once resumed, shall, for a time, bring you times of darkness, loneliness and disappointment.

Allow not these promptings of the beguilers to cross that line you have drawn, that line that allows you to maintain peace within your holy heart and greater mind.

Live according to the dictates of your own heart and listen to no man. Live according the dictates of your own spirit. Listen to no other spirit. Live according the dictates of the will of the Great Spirit. Allow no emotion to erode the holy spiritual vibration of love.

Hear all who will speak and listen to none, for they will seek to turn you from your course. The result would be an erosion of all you have built.

Build the Temple of Truth in your heart and in due season it shall house the Teachings of Truth. You shall see the books containing the eternal verities in this Temple, books we shall show you.

Hold your own counsel. Seek at-one-ment with the Great Spirit whenever you are threatened by the ways of the world. Smile at the world and see it with the eyes of spirit, for to the spirit it is a sanctuary of spirit, a sanctuary of cleansing.

Give to others only what the Great Spirit gives to you to give. With his love, restore the wounded but maintain all you have within, for it is little enough to see you through your day.

Part 8 - Spiritual Guidance for the Initiate

Introduction

It is one year since I received my last teaching. During this time I apply all I received in the desert oasis to my physical life.

Spiritual Guidance for the Initiate spans eighteen months during which time I take a step onto a path of economic and emotional independence. I only receive the first step and I have no idea to where it will take me.

The teachers know what my soul needs to achieve its purpose. During this eighteen-month hiatus I receive love and guidance in preparation for a clearer future.

I shall follow my star, as each of us must.
My prayer is -
Let my soul grow.
Let my spirit expand.
Let physical life follow their direction.

In spite of this, I am experiencing a feeling of disquiet I cannot shake. I want to believe life can be happy and settled but these words address my foreboding. They give me pause for thought for they speak of times when certainties are suspended. This allows me to accept that such times are an ordinary part of human life, not to be concerned about but to be accepted as a time that passes.

What Will You Do?

What will you do when you cannot hear us?
What will you do when you cannot see us?

I will always hear your voice for I am spirit.

How can I not hear what is such a deeply ingrained part of my soul?
How can I not respond to the voices I hold so dear?
I will always see you whom I love more than myself,
For you are ingrained within my mind forever.
How can I forget you who are a part of my real life?
How can the material life cause me to forget my work or my love?

I am only going on a short journey for but a day. The life of the spirit is so much stronger than the material life so how can the material life make me deaf to your voices and blind to your form?

When I leave I take your love with me. I will remember your guidance. Each night when I sleep I will return to you and continue the service I began so long ago. I will remember all you are to me and all that our life in spirit means. When I am in the material world I will remember my home is with you and my life upon the Earth is a service I render to others for but a moment in time. I will remember that at the same time my body slumbers my life in spirit with you and my service in spirit with you continues.

Should the body not slumber, allowing me to return to you for strength and guidance, I should not have the strength to enter the flesh for this day in time. I should not be able to be apart from you for this day.

What will you do when you become confused
because the flesh dislikes the spirit so?
What will you do when you cannot see your direction
and cannot understand what you should be doing?

When I enter the Earth and live as a human I will still be living as a spirit. I will still be spirit. I do not believe the Earth

life has to oppose the spirit life. One of the tasks while living in the material world is to strengthen the drive of the spirit and to come to a realisation of its world. I know I will be tested in this.

When you enter the Earth life you will not see the spirit
who loves above all else. This is not meant to be so.
You will know the spirit who loves above all else.
This will guide you to know of your life.

I have been receiving this beautiful signal the night before a traumatic event for some years. It gives me the opportunity to strengthen myself and be prepared for any eventuality the following day. Years later this silver tear heralds happy events, but either way its presence encourages me to feel I am where I should be, experiencing what I should be experiencing.

The silver tear draws in the presence of the Silver People and I am enveloped by their love and encouragement; and I am strong. On this day I receive three tears in a row so I need strength in the coming three days.

The Tear

From those holy ones, who travel from afar, a legacy was given to a sorrowing heart, a heart that had bled then lent its moisture to the eye. Yet of a need this moisture characterised a greater world.

To the eye came a dewdrop of love, a memory of greater times when the heart sorrowed not. Shaped as a drop pearl, silver and white, it travelled along the lower eyelid from the inner eye to the outer.

Its message to the sorrowing heart was,

"Tomorrow you will forget your purpose in the material world.

See in our message to you an acknowledgement of our love.

Know that we are always your companions.

In your sorrow to come, bow not your head.

Do not succumb to the emotions of man.

Lift your eyes to the skies and there you shall see your direction.

Travel lightly, for the journey of sorrow is not yet over.

Be in peace. "

I am being given an important tool for I have not realised that I have been learning how to discern the intentions and character of those who cross my path.

The Power of Love

Although you are shackled, the power of love shall shatter such chains.

Although you are bound, the power of love shall loosen such knots.

Although you are harnessed, the power of love shall cause your restrictions to fall away.

By the power of love you can change all who know you.
You can cause the weak to be strengthened.
You can cause the selfish to give.
You can cause the hard man to gentle.

The chains that shackle and bind you to the Earth can change from chains of bitterness and sorrow to links of love and service. These links enable you, by your example, to weaken the chains of hatred that bind man to his karma upon the Earth.

By his fruits you shall know the honest man, and him you shall teach.

By his sincerity you shall know the seeker of truth and him you shall take under your wing.

By his dedication you shall know the servant of truth and him you shall protect, guard and guide.

For to the honest, sincere, dedicated servant of truth shall the gift of love be given, to cause the chains of yet another soul to be loosened, allowing the wings of spirit to bud.

Know honesty. Know sincerity. Know dedication.
For they are the keys to your spiritual endeavour.

We do not know the place or time that is the culmination of our soul's purpose in life. Some achieve their purpose when they are young and are then able to relax into an enjoyment of the life that evolves from this time. Some fight every step of the way to bring their goal to fruition in their middle years. Some prepare their whole lifetime to achieve their purpose in their final years.

Because we do not know the time and the place we continue to follow the way in preparation for the day and the hour of the culmination of our soul's purpose in life.

The Torchbearer

Love me and you shall wear a crown of thorns.
Work for me and you shall be scourged.

The cross you bear shall weigh you down until you change it to the Cross of the Serpent of Wisdom. You shall see the world as a Valley of Shadows that you, as a torchbearer, shall enter on the mist. Upon this mist you shall roll through the fields and the copses. On this journey you shall see the sun for but a moment in time. In this momentary dawning your moment shall be.

As the torchbearer, in your moment, you shall face the sun and acknowledge the greater light. You shall then turn around and continue through the mists, with only a memory of the light of truth.

This memory will enable you to, show another how to be a torchbearer, show another how to recognise the wisdom in the cross and show another how to travel on the mists through the Valley of Shadows.

Show the torchbearer how to bow to the greater light and so re-light his torch in the correct season, that he may continue his journey as a torchbearer of truth.

I always like to face the fact no matter how unpalatable. We can waste years hiding behind a dream of what we want reality to be and I have always believed we have too little time to waste protecting ourselves from the pain of our emotions.

I am woken from sleep at four am otherwise I will not want to receive this writing.

The Changing World

To the beloved traveller,

The threshold is behind you yet you knew it not. All has passed. Already your stride has lengthened. We bid you welcome as we greet you. Take a last look behind you and see the garment you have shed.

Array yourself now with the oyster robe of silk.
Accept that headpiece you returned in an earlier day.
Receive the scroll upon which are inscribed the keys.
Stretch your hand forth for the rod that shall comfort you.
I bring you peace.

In this peace you shall bathe for a moment, before you once again face the storms that rage through the sands of time. I cannot spare you from the rigours that shall assail you, but this I can promise.

Your direction shall be clear.

The voice of love shall guide you and keep you safe.

You shall still a draft of wisdom that shall quench the thirst of those returning from the magnetic Plane of Illusion.

Initiate.

See life not as a problem to be solved.

Waste not one thought on the rapidly changing events of your life.

Be a sun.

Draw to yourself those who shall initiate with you the changing pattern of your life. Cause your soul to heal by initiating those experiences that shall enable your countenance to demagnetise the swirling mists around you.

Command spirit to teach you.

Enter the Temple of Thought once more and learn of the Planes of Reality.

Rejoice in your heart for the freedom that awaits you.

Ensure that the chords of love wax and wane according to the tides of life.

Thought control has abandoned me. I am constantly distraught. My heart tells me what I must do but my mind interjects with reasons for the opposite. I hover between the heart and the mind; between dreams and plans. I need practical help and this I am given.

Thought Patterns

Once thought patterns erupt in the mind all thought control on the subject is lost and the result leads to negative depression. The thought pattern needs to be worked through to its conclusion before tranquillity of mind is once again possible. What you are seeking in this situation is control of your thinking processes even though you have no control of the subject matter.

When you become aware of the existence of a negative repetitive thought pattern within you mind, to eradicate it coherent thinking of the subject must be imposed. As these thought patterns cannot be removed they need to be thought in sequence and gone through in a logical detailed order until they reach a conclusion. Once this pattern of thought is completed any more thoughts on the subject become repetitive, incoherent, out of sequence and of little use, causing your mind to then run out of control.

After thinking through events in sequence attempt to let the subject go. Should you be unable to free your mind repeat this procedure once again, thinking the events through in the same sequence from beginning to end. Do this exercise every time the subject insists on being thought about.

Eventually the time lapse between these repeat thought patterns will lengthen and you will become aware that once again your mind is free. You will have regained thought control. By using this technique every time you lose thought control you will eventually be able to maintain a state of tranquillity of mind.

Events in life are not as important as the way we live through these events, yet people describe their lives according to events. My inner life propels me through all events, no matter their nature.

Things must be what they are. Some can remain the same and others must change. I do not have to be answerable to anyone upon Earth. I make my way in life according to my own drive and actions.

The Golden Thread

Let us draw close and speak to you of the golden thread that runs deep within you throughout your life. This golden thread is your spiritual countenance. Let us examine this, viewing it more as your real life experienced upon the Earth, your real life that has nothing to do with what you do in Earth life or who you spend it with.

Let us draw close to you. Keep us in your heart. Let us be your constant companions. Let us be part of your golden thread that we may accompany you throughout your journey upon the Earth. Through us see the Earth as a beautiful place. Draw us, your spirit companions, close to you.

The golden thread will draw to you what is yours to experience, what is yours to own and what is yours to fulfil. Respond accordingly and you will expend only the amount of energy required to achieve what is yours to achieve. Living in this way you come to understand patience and acceptance.

How are you an actor on a stage?

You are so because as each stage in your pattern of life is experienced you use certain abilities and skills to participate in and fulfil the task. You adopt what is required as part of your personality. Once the stage or task is completed the mask can be removed and you can revert to the real you.

What can and often does happen is that the mask remains and the essence of the real person is covered and hidden, becoming lost and unseen in continual acquired personality.

The real you is very simple. It seeks to travel through life simply, certain of the outcome, certain of spiritual renewal and certain of its importance in the creative plan of life. The real you is certain of its destiny. It is certain of its ability to remain impervious and unchanged through times of what most people experience as happiness and despair, companionship and loneliness.

The real you sees all experiences in the same way. Happiness and despair, companionship and loneliness are all seen as experiences of learning that allow the spirit to express its certainties of life in different ways. The real you is the constant in your life. It seeks to place one foot in front of the other and travel its chosen path.

Because the real you knows the timing of events it does not rush about trying to make things happen. It functions intuitively. At the correct time it puts events into motion and waits for the outcome that must be, accepting the result.

The real you is beautiful. It is certain. It is lithe. It is eternally youthful. It has wisdom. It transcends the day-to-day Earth life that personality seeks to cover it with. Be wary of this covering of personality. Seek only to be. In times that could be termed happy, despairing, lonely or companionable, just be.

Be a sun. Be a star. Shine forever. Draw on the knowledge of life that your real self has. Draw to you the forces of light that enable you to see the signposts that we, who are your companions, lead you to.

Frequently in different ways I am shown the importance of the greater life over this one life. I need to hold this insight close to my heart and continually remind my mind of it. O mind, be still.

The Flight

I climbed the hill and for a moment gazed at the complexities of my life. The sun beat down upon me its rays seeming to enter my soul to provide illumination of all that has taken place.

I climbed to be alone in the heights for the valleys have brought me confusion. My heart is glad to be once more in the hills where contemplation can bring me the larger view of life. Here I can accept a will far greater than my own.

What matter this one life?

What matter this one love?

The hills spoke thus to me.

"It is the wings of freedom that count. Your song of love is heard here as it never can be in the planes below. You have fashioned his wings, ensured their fit and shown him his path of flight. He will depart but now within his soul are the signposts that ensure his return. When he insists on flight your soul can be a guide although you shall not have sight of him. In all your days your liaison will only be that of the spirit."

While I was among the hills I could see that the cause was greater than the individual will. Among the hills my bleeding heart is healed allowing the one lover to manifest within.

Surely the hills do teach.

Surely among them the Great Spirit *does manifest.*

This lady presents as a vision of beauty. Dressed in the colours of white and alabaster she is as ethereal as cobwebs. With a demeanour of gentleness, peace and understanding her compassion is enveloping.

Beautiful Lady

To a soul who was wracked with the pain and sorrow of life there came a beautiful lady from the world of spirit. Awareness

of her presence caused this soul to look towards her light and so was able to comprehend her message which brought about a healing.

Her words were

"Cry not, my child, for tears are the way of the world. See beyond your immediate environment and recreate love within your heart. Stem not for he who torments you so that flow of love that has seen you through your day.

"This day learn to love through all that takes place. Send your love on wings and give to him all you have within. Cut not off the flow of love for by so doing you would remove from yourself the spiritual expression of life.

"See your love as a beautiful gift from the Great Spirit. Be a channel of love for who else upon the Earth cares enough to provide him with all he needs to see him through his day.

"Cause not your heart to wither and die merely to prevent the pain and sorrow of this Earth touching you. See not love as a reward for good behaviour but a force that must flow naturally to you, through you and from you.

"For the future see your love as a force of spiritual life for your love *is* life. Let it flow. Do not allow its force to wane because of the pain it brings you. Cause not love to die within your breast for should you do this surely you will die.

"For the present, send your love on wings and be joyous for he must enter the threshing room alone. Be the constant and steadfast force in his life but do not seek to protect him nor avert all that must take place.

Forevermore love all to whom you give your heart and you shall find peace, not a peace the world can bring you but a joy of life and an understanding that the world cannot take from you, that which this one life gives, that which is your spiritual right and heritage. "

Rising Star - A Guidance.

I come to tell you about the rising star and I foretell of what you may be. Beyond this rising star, is a place furnished with a richness and depth of colour that is of an enlightened hue. This place teaches the measure of your next step. Within it are those who may bear you up and what they impart to you shall carry you through what is to come.

People.

See not the people you meet as people designed to fill your moments and protect you from loneliness. See them as people who shall share, for a moment in time, some part of themselves so you may learn. See yourself as a pupil of life and all people you meet as your teachers. In this you will learn humility. See also those in your life with whom you have already shared a part of yourself as people who taught you how to free yourself from the shadow of *possessing*.

Travel lightly. *Travel alone, but for* the Great Spirit.

Greet all, especially those who bring you your lessons, as a gift from the Great Spirit. See them as people who seek to share with you just a part of what they are. Ensure that all are left warm and comforted in life for having known you.

Possessions.

You shall have your due but see this due not as your right but as a gift and be humbled by it, for you entered the Earth alone, naked and without possessions and you shall leave in the same manner. For this moment upon the Earth a gift of possessions is being bestowed upon you so that for a moment you may rest feeling safe and secure. This gift of Earthly possessions is to shroud your fears and strengthen your love.

Love.

Love as is your nature to love for your nature is your teacher. As you learn your nature will change accordingly. Monitor the changes within you as you love and observe the nature of your learning. Love and commit yourself to the degree of your capacity but do not seek equal measure from another just as the Great Spirit does not seek an equal return measure of love from you. Love, therefore, as He loves, according to your measure. Accept the measure another has to give as his measure even though it may change according to the changing nature of the lessons of love. The measure of love given and received shall wax and wane according to the learning tides of life. Love another. Live for another, but never put another before the Great Spirit.

Send your love on wings.

For the gift of love I have within my heart, I thank you.

For the gift of security I have through my possessions, I thank you.

For the gift of freedom I have within my life, I thank you.

For the gift of sharing words, thoughts, dreams and fears, I thank you.

For the gift of acceptance, I thank you.

You have taught me to accept you, all you do, all you think and all you feel and in this I have learnt to accept myself. For this I must love you in the manner I was taught,

I am spirit and I love you as spirit. My future endeavour is,

To love whatever face love presents.

To help in whatever manner love requests.

To maintain within my heart the memories of love's gifts to me.

May these concerns always be so.

Pain and Sorrow

Pain and sorrow form a protective blanket that insulates you from life.

They prevent you from actively participating in the ups and downs of human endeavour upon the Earth.

They cloak the human psyche, preventing expression of its fullest potential.

They tie the soul to the past and cloak the vision of the future.

They sap the confidence and the determination to succeed in life's endeavours, endeavours that bring to the psyche a richness of wide experiences that may lead to a certain wisdom.

I have seen partnerships begin and end so I ask,
Why is this so?

Teaching Partnerships

Peace and goodwill to all men and women upon the Earth.
This is your birthright.

Spiritual drive and the intensity of its purpose are not casual in nature or design. All such commitment is planned before coming to the Earth and has a course or direction.

There are usually years of planning and effort to see a work commence and no matter the result it is never in vain. Spiritual endeavour does not automatically exempt its executors from continual testing for strength of purpose and commitment to task in hand.

Those undertaking such tasks, besides having an intense spiritual drive to achieve, at the same time have karmic learning situations to complete, one situation often opposing the other.

Which shall conquer?

Certain spiritual endeavours require you to work in a partnership situation. You are not expected or advised to initiate such work alone while trying to evolve through difficult circumstances. You would not have the strength. Abiding forces are dedicated to drawing you into karmic ties to the Earth to prevent such work being achieved.

Through initiation you are tied to each other, so with combined strength each may help the other maintain drive and see the task completed under joint karmic difficulties. These ties cause you to become each other's guardians.

When either is being tested the other draws back and watches the struggle while praying for the other to succeed in his soul's battle between the spiritual and the material focus in life.

Should the material win in both parties a spiritual endeavour is lost once more in a moment in time. Should the material win in one party and the spiritual win in the other the spiritual endeavour may be put aside in its existing form then change direction so one may keep the flame alight.

After the other has succeeded in further testing both may resume the original endeavour. Tests for the partnership will continue and will be greater in intensity than would have been earlier.

Should the spirit win in the individual battles of each, both take a giant leap to another level of learning and experience. The work changes its nature and the next stage commences.

To those who undertake certain spiritual endeavours, do not do so alone. In a partnership your partner can be the mouthpiece of your spiritual helpers. Humility in this keeps you safe.

To those who undertake such spiritual endeavours, pray. Pray for your partner and his safety. Successful participation

also depends upon the success of your partner in his initiations and learning as much as his participation depends upon your success.

You can observe the waxing and waning of spiritual work in partnership situations in this age of learning for the reasons outlined above. You see partnerships form, dissolve and possibly reform with a changed character.

Many of these partnerships believe they have failed and do not understand that the responsibility for success does not rest solely upon the shoulders of the individual. It is dependent upon the strength of purpose of the partnership. Each has to succeed for such an endeavour to succeed.

Those who seek to teach in this age of learning in a partnership situation are subjected to very real experiences in humility. The individual learns to draw on the spiritual direction of his partner before he teaches. Personal pride and desire is set aside so the partnership can receive and initiate through a joint source of guidance.

To those who experience and lose a spiritual working partnership I send a blessing for the result is a changed direction and a loss that goes deeper than may be realised at the time.

The nature of spiritual endeavour in this age of learning is a preference for working partnerships that are dogged by spiritual hardship because the goal is greater.

Equilibrium is as attractive as grace and dignity; qualities to be aspired to and frequently accompanied by acceptance of certain things in life. We need to hold close to our hearts at all times the knowing that we have purpose in life, unrevealed until the appropriate time. We can all sense when we are where we should be, living how we should live.

The Ely Woman

The woman came to the foreshore and stood awhile, gazing into the distant horizon. In these few moments of reflection she realised that the events in her life that had brought her lessons to pass were merely events in life and that the people who had come and gone were merely the harbingers of these lessons.

In this moment of reflection she realised that she was gazing at the pendulum that had swung from one side to the other, the pendulum of emotions that was to result in a balance and tranquillity within her.

The woman who gazed at the horizon beyond the sea had lived for many years upon the island of Ely. Her wisdom, her knowledge and her awareness of life and human nature had been gained by her experiences with fellow humans before she came to live on Ely. Her appointment with life was Ely. All who came and all who departed her island home were blessed by her love, her warmth and her spontaneity.

She lived alone and gained wisdom from the simple things of life. To all who came to her she gave her love, love that she received from the Great Spirit. Her family in spirit was as real to her as the families of the Earth are to their members.

Periods of her life were spent in solitude and during these times she would renew her strength through her love for life and nature. She would communicate frequently with both and her renewed strength would give her that timeless and ageless air of youth. Other periods in her life were filled with people, and she would give them all she had within, all she had received during her times of solitude.

In this way the life of the Ely Woman was fulfilled receiving all she could give to those in need who would come to her. In this way her life was dependent upon her love and her ability to communicate. In this way the Ely Woman gained supremacy

over the emotions of man enabling her to heal those who came to her suffering from the ravages of these emotions.

Her timeless youth and joy of life were the result of many years of painful experiences that were lived through the emotions of man until she learnt that once understood they could be the stepping stones to a greater love and life.

The legacy of the Ely Woman is a legacy of experience involving joy and sorrow, tears and laughter, intensity and severity. Her threshing room is lonely and painful but having passed through this room hers is a legacy of life, love, wisdom, peace, tranquillity and serenity.

Do not be afraid of the Ely Woman in your heart, for her heart beats for love alone, causing her to teach the hearts of others to beat in the self-same manner.

In one more way upon the Earth the work of the Great Spirit is done.

I ask for an understanding of memory and I reach and strain for each word. I have to concentrate in the manner of looking into a distant horizon.

Memory

An intricate pattern inlaid within the mind is memory.

The convoluting strands of gold lie intertwined with the convoluting strands of silver. Overlaying and underlying each are colourful, intricate patterns that embody all the shapes, hues and tones of the universe. Within each pattern there is intricacy, colour and size, each to be recognised and interpreted; that information to be related to the whole pattern.

Each pattern may be described as a series of experiences accompanied by conclusions and resulting in knowledge.

These experiences relate to certain learning situations that may or may not be repeated throughout many lives, both on the Earth and in related spiritual regions and realms.

All this makes up one intricate memory pattern.

Within each pattern of experience, lines of gold, silver and many colours touch and intertwine causing a blending of either harmony or discord, a blending that can be seen at first glance as showing either balance or imbalance. Each pattern, after the first glance, can then be seen in its relationship and position to other patterns.

To repeat,

Each pattern may be seen as a set of experiences that shall reach a certain set of conclusions, the result of which shall cause a new pattern in close proximity to be set up: a pattern embodying the same ingredients but with a new arrangement.

Taking a wider view,

Sets of various intricate patterns may be seen; patterns that are in sequence; patterns that compile a larger pattern that is a part of a larger pattern yet again.

Thus is each intricate memory pattern made up.

Thus is a larger intricate memory pattern made up.

Thus is the whole made up, ad infinitum.

How may one pattern be recognised and interpreted?

How may one pattern be isolated for interpretation?

Is memory a master or a slave?

The gold, the silver and the various hues and tones of colour comprising the universe are present in each and all patterns but it is not until the viewer becomes dispassionate,

stepping further from the picture, that he can see yet another pattern weaving through what has already been described.

Faint strands of white and black streak through the whole, unseen and yet influencing; an underlying pattern that lies above and below the whole, unseen, unnoticed and unrecognised by the viewer, yet occasionally felt or comprehended by the traveller.

During our lives we are travelling through memory patterns that comprise a road already experienced. As we travel we seek to leave each pattern of experiences with a wisdom so that when in another time and place parts of the pattern are re-travelled we have a memory that shall influence future decisions and actions, thereby influencing conclusions and results.

Wisdom is a key to memory.

We may have to repeat experiences to aid in our growth and learning and gain knowledge gleaned from conclusions thereby affecting results. Wisdom may still elude us. We may have to travel patterns repeatedly before we gain the necessary wisdom that gives us the memory of such travel with its resulting comprehension and understanding of why things are that they are.

A little of one pattern shall repeat in the next pattern as we move through. The repeats are what is necessary for recognition of the learning situation and are made up according to the individual's requirements. This is why sometimes only part of a situation is familiar or understood. It takes twelve patterns of experiences to reach one pattern that has none of the original in it. The traveller at this time will have come to a new learning pattern in life with new people, new situations and often a new environment.

Thus can life teach.

Thus can memory serve.

Should the traveller somehow not reach the final conclusion, result or requirement, the twelve patterns of experiences will be repeated until conclusion is achieved. Learning becomes more rapid as certain wisdom is gained and serves as a key to unlock the subconscious mind, allowing recall of sequences within the twelve patterns.

Black and white strands are subliminal in nature yet are powerfully stored for they comprise the spiritual essence within that becomes more apparent as life's experiences reveal the unveiling of the spirit. Eventually, when the keys to each pattern are remembered and retained, the picture of knowledge unfolds.

Remember,

Wisdom earned during travel can be lost as well as gained should knowledge not be used correctly. Vital keys can be lost as well as gained as is shown throughout history. They should therefore be valued as a treasure of great price. Should the keys be lost the pattern can no longer be interpreted causing the experiences to be partly or completely repeated.

Diligence and observance are aids to recalling keys. They help recall memory. Fortitude and strength help the traveller recall all of each pattern plus the subliminals, rather than just that part which suits the moment. To those who see life as part of a larger pattern the goal is greater, the direction is clearer and the search is wider. To those who focus on the smaller pattern direction is contained within the temporal known and the goals and purposes are adjusted according to personal desire rather than an expanding truth.

When I am young I am idealistic. I believe love is forever. I cannot understand how people can have more than one husband or wife. I cannot understand how they can love more than one person.

Love is forever. The idealism of youth is correct. What is incorrect is the description and label of love.

I am shown how to love as our lives weave through the lives of others. It is fortunate to receive love, but it is more propitious to give it.

Love Again

Why do pain and sorrow accompany love?

Pain and sorrow are borne as a cloak for a time; later to be shed.

When love comes into your heart it comes unbidden and with a message.

When love departs, having delivered her message, she leaves behind her companions, pain and sorrow.

They leave a legacy.

For a time you may wear the cloak of pain and sorrow but as you move into new fields of endeavour you should discard the cloak.

This allows the sun to shine on your face and bring to you once more greetings from the countenance of love.

Should you be afraid to love again and continue to wear the cloak of pain and sorrow, love shall not cross your threshold again.

Should you have courage, allow love's entry and departure and welcome her companions.

They prepare your soul for a greater capacity to entertain love, each entry enlarging your capacity to give and receive.

Pain and sorrow clear away the debris of personality.

They cleanse the soul of selfish desires and they prepare the room for a greater love.

Each love teaches you to love greater, more, without selfishness and with tolerance.

Love and you shall travel your path with confidence.
Love and you shall find the spirit in all people.
Love and you shall live.

It is not easy to see the dissolution of a magnificent culture that has already peaked, but birth, maturity and dissolution are part of the cycle of life and we must accept. The Chinese culture has given so much to the world; health, pottery, martial arts, opera, dance, calligraphy, fireworks, exotic clothing and furnishings, architecture, herbs. At this time I do not know I am to become closely allied with aspects of this wonderful culture.

The Red Ruby

O heart that leads to joy profound, be calm and await your dawning.

Know your life is a jewel that may shine in many directions. Travel through the seas, the storms and the winds. Travel through the calm and the peace. A facet of your jewel shall always face the blessed light and bring you nourishment.

Each facet of the jewel is a plan for life

A contingency should life change direction so the greatest gain may be made. The storm clouds do not gather for you. You have been taken by the hand, drawn into the storm and abandoned in your peril. Now you can wait beyond the boundaries and with your wisdom aid the exhausted traveller who passes through its perils.

Be in sanctuary.

Let your jewel of life shine until its glow is iridescent and luminous. Dwell in this way for a time and renew your strength of spirit. Seek the treasures of truth and your footsteps shall be guided. Let your jewel of life return to the treasure house and one day you shall meet your beloved when you should meet.

Rejoice in love. The threshing room is for all and none may escape its sorrow and loneliness. You may reach out to us who encourage you to continue. A moment in eternal time may be lost but the work of truth shall continue as does man's karma. Draw on the strength of your spirit and do not see this one life as more than a foundation stone for a future endeavour. Recall strength and allow nature to foster your inspiration. Rediscover your drive and build a storehouse of it for your future. You are free to continue in your endeavours.

Bathe in love and I shall protect you. In the harbour of my embrace dispel the shadows. The essence of goodness cannot be destroyed. The words of others shall taint the beauty of a love to come that is born beyond the portals of time. Bathe in peace. Speak to no man of what you know.

The red ruby is yours by right of initiation.

In its acceptance you will continue to learn of its qualities.

The despair of a race and nation doomed to extinction. (China)

The end of a bloodline.

The despair of sorrow.

The depth of the one love.

In the red ruby lies the extinction of all the hopes of a civilisation that has risen yet is doomed to die. It heralds a time of inner turmoil as a soul strives for supremacy in a time when all held dear is withdrawn. Although life appears to continue

the inner death takes place little by little until all is replaced and he is rebuilt and renewed through gradual rebirth into the spirit.

To you also, allow your inner self to die little by little and you shall be initiated into the room of red and gold that houses the ruby.

An Encouragement

Be wise.
Be cautious.
Be disciplined.
Be loving.
Be silent.
Be impassive.
Be calm.
Be knowing.
Have courage.
Have strength.
Have power.
Develop love.
Develop depth.
Develop qi.
Understand yourself.
Understand the Law of
Attraction and Repulsion.
Understand life.
Be honourable.
Have dignity.
Develop integrity.
Understand and banish fear.

Over the years people ask how to choose between two alternatives that seem equal. This teaching often helps their decision making.

The Two Roads

A door always opens once the threshold presents itself, a threshold through which light always streams. All it takes to pass through the doorway is to shut the door on the past and walk away with love in your heart, understanding in your soul and led by your spirit. Where you are to go once you pass through the doorway does not matter. All that matters is that you are stepping through.

There are always two roads of travel. Free will, so treasured upon the Earth, is always presented to you in times of great stress. These times always carry choice only this is not necessarily apparent.

At first only one road is presented and seems the only possible choice. This road may seem clear and suitable even if not completely desirable. It may seem a path that will make life easier. The alternative may seem darkness, confusion, lack of vision and no discernible direction.

This is so for a time.

Should you be stalwart and have courage reject the first path. After a period of desolation another path becomes apparent, not so clear, not so sure, but unencumbered.

Should you accept this path desolation flees and slowly joy returns. Guidance again manifests in the form of a deep knowing and intuition interprets accurately all information given to you. You are able to discern truth in everything you are told.

Although this second path offer little at first it opens up later. You come to a deeper understanding and achieve a greater growth.

Seek the light on your path and you will receive illumination and guidance. Keep your eyes upon the heavens and your step will be sure. Trust that you are not alone and you will be accompanied by a seasoned traveller who will have your best interests at heart.

I sense someone who is a part of me; someone I do not know; someone I have not met; someone who could be on Earth or in other worlds.

A Dream - A Reality.

I dream about you, my beloved,
In a place far from here,
Above the clouds, beyond imaginings,
In a setting more pure than the Earth.
I sense you, my beloved,
As you are,
As you have been,
As you will be again,
A part of myself,
A part of my evolution,
A part of my worship of the Great Spirit.
I believe in you, my beloved.
When the sound of your footsteps rings true
My heart is filled with joy.
I am aware of you, my beloved,
In realms beyond this place.
I designate you and I to that Plane of Dreams,
Where we may meet in truth.

The Council of the White Brotherhood is present. They are serious and want me to think carefully before I answer as my

answers influence how I proceed. To what, to where, to whom?

Quicksand

No man can be trusted to be a foundation upon which you may build your life.

You cannot build your life on quicksand.

Man, as an emotional being, is an unstable foundation.

How do you build your life?

What is the foundation you build on?

Yourself.

You can only build your life on the foundation of yourself.

Your task is to discover yourself and then your foundation will be secure.

How do you discern and know yourself?

Take each experience in your daily life.

Evaluate the experience and its worth.

Your reaction and attitude to it will tell you,

What type of experiences you fill your life with;

What emotions are predominant in your life.

The knowledge you receive is your existing foundation.

Ask yourself.

Is this foundation secure and strong enough to build a life upon?

According to your answer make necessary adjustments or modifications.

When I am thirteen, Rose, my neighbour's friend, tells me she feels sorry for me because I have two friends. She says this situation will give me trouble all through my life and it is better

I have only one friend at a time. I never forget this because it is an extraordinary thing to tell a young girl. This has turned out to be so.

There is a lot of loneliness in the world and it cuts across both men and women in all stratas of society; rich and poor, clever and slow, healthy and sick. People do not talk about their loneliness, just as they do not talk about old age, death or AIDS.

I am shown how to change loneliness into an acceptance of aloneness so the gnawing pain departs.

Alone

You are born into the world to a family of people whom you are with for a time. Your family moves away. Your parents die and you are alone. You meet people. You make friends. You share a time together and then they move away or die and once more you are alone.

You may place responsibility for your happiness in the hands of any of these people. They may bring happiness to you for a time but it will slip away from you. Once more you will be alone even though the person may remain.

Understand this teaching and you will come to the realisation that aloneness may only be alleviated by a more constant presence that remains with you through all the periods of your life, periods of solitude and periods of companionship.

The presence that alleviates aloneness is love, brought to the loving heart that worships the Great Spirit above all. It is brought by enlightened beings who understand that aloneness is the absence of a constant love for the Great Spirit.

This love is best expressed by loving whoever you are with while you are in that person's presence or when you are communicating with that person by thought or word.

By not placing responsibility for your happiness in the hands of another and by not seeking the constant presence of another to alleviate aloneness, but by communicating the love vibration to all, your aloneness will vanish.

Your solitude becomes filled with the presence of love and you become aware of those who bring love's message to you.

This message was brought by a very beautiful and serene lady dressed in white, a lady who embodied calm, tenderness, understanding and compassion. She was a lady who had travelled this road and knew solitude, first its darkness and then its light and beauty.

A seven-year chapter is now closed forever. I am given the promise of a new and clear future, not promising ease, but promising continued learning in a new way.

Go Free

Be in peace. Feel our calming presence and we shall uplift you. Through your days to come we shall be your support and your strength. We shall bring to you a power of love that shall be your guidance. You shall achieve what you have decided.

Go free with our blessings. Know at last that at your call *He who has Eyes like Diamonds* has spoken and what shall be shall be.

Go free. See once more with eyes that are open.

Go free. Feel, without the mists of human emotion filtering beyond all recognition, that which is your gift from us.

Go free. Walk alone, that we may once more bear you up and be your companions. Should you seek dependency upon another at this time we cannot accompany you. Let he who has travelled from afar bring his message to you,

I expect your time.
I expect your trust.
I expect a heart full of love.
I expect you to smile at your life.

I did not promise you a time of rest and self-satisfaction. You seek to fly and so I have come to clip your wings in preparation. I shall return in one month.

I seek you to be,
Full of hope and expectation.
Full of the joy of life.
Full of laughter.
Full of spirit.

Should you be so when I return I shall take you on a journey and I shall introduce to you, your guidance. For this you must have strength and be already established in a balanced and harmonious way of life that is inducive to a spiritual calling.

You must be adept at the daily mental, physical and spiritual disciplines and be content and sure of who you are and where you are going. No longer may you hide behind another and in so doing adopt another's karma and call it sacrifice.

I want you free so I may send you once more into the desert, only this time as a guidance for another. Your work shall be silent and your strength shall be apparent. In this way you shall build my temple.

Part 9 - Sifu Master

Introduction

The wheel of life turns 180 degrees. *Go and learn Tai Chi*. What is Tai Chi? *Ask Alan*. I ring Alan immediately because I have learnt over the years that clear directions are for the moment of now. It transpires that he is leaving the city the next day. He directs me to his former teacher whom I ring immediately. I am over an hour on the phone insisting that I join the class even though he does not want me to.

After my numerous promises he agrees and I go to his private class six weeks after its start. When we finish the long form of Yang Style Tai Chi he tells me to go to his public class and learn the beginning part I have missed. Why didn't he send me to his public class in the beginning?

I have the strangest feeling that I am waiting. I learn Tai Chi while I am waiting and one month later a man enters the hall and everyone crowds around him. I recognise this man from a vision I had of him seven years earlier. I sigh with relief. I am peaceful for the first time in years. The teachers know timing.

Each week I watch him when he comes to the hall but he is never alone. One month later there is no-one around him and he sits down. I leave the class and sit in the empty chair beside him. All he says is, *What is the matter with you?* I tell him I have a sore back and he gives me an exercise to do for one month. The following week, he again stands alone and I tell him my back is better as I have done the exercise so much in one week. I go to his house the next day for treatment. He treats and fixes my injuries with Tik Dah Treatment and Tai Chi Chuen, which I first learn and then teach.

All doors have closed, yet out of nowhere another has opened. I have repeatedly asked for a spiritual teacher upon Earth and now this prayer is answered. I live the next twenty

years under the auspices and guidance of this Chinese Martial Artist and Tik Dah Boneseter practitioner. He is someone I completely trust; a person wise, gentle and knowing - my Sifu Master. He has my best interests at heart and guides my direction in life.

These years are physically demanding. There are five major styles of Tai Chi Chuen. I learn Wu Style and Yang Style, both short forms and long forms. I learn Yang style swords and Wu style swords and finally I learn the new International Form which is a combination of the five styles of Chan Style, Suen Style Yang Style, Wu Style and Woo Style.

I recover from the loss of spiritual work, coming to the realisation that spiritual work is living life fully every day and I have very little direct communication with the spiritual teachers. Their communication comes in everyday language through my Sifu Master. I write very little but I am aware of their presence watching over all I do.

During this period I am also presented with true love in the form of a person kind, loving, supportive and protective. My Sifu Master and my love encourage me to be strong and independent, capable of facing and dealing with everything life brings. My goal has always been achieving economic and emotional strength. Everything I do goes towards achieving this while maintaining my freedom and independence.

A Sifu is the teacher of a student and a sign of respect similar to a parent–child relationship.

A true Sifu Master can treat the health of his students. He also becomes master of one or more of the arts e.g. musician, artist, singer etc.

I receive this teaching some months before I meet my Sifu Master.

Master Teacher

How do you recognise a Master?

A Master is not always apparent as such. Sometimes he seems a most unlikely source of wisdom. He may appear so mild as to seem weak and ineffectual. Who would believe that such a man housed such a wealth of spiritual enlightenment, endeavour and wisdom?

Is a master happy? Does he have humour?

The Master's eyes mirror the beauty of life. The knowing student can see the light of the creative universe in the Master's glance. The Master can present himself to the student in any manner he chooses. All is the game of life. It is up to the student to see that in the Great Spirit's love lies happiness. Thus do the Master's eyes twinkle.

The Master is adept in all manner of behaviour. He may appear the fool. He may appear the wise man. He may appear to be gentle or angry. He may be silent or vocal. He is effective in all he seeks to achieve. He presents himself in the light he chooses. He is master of every conversation and situation, although this is not always apparent.

How does he teach, this master of deception?

The Master has wisdom, so he knows the student's weaknesses, strengths and abilities. He knows what must be done to drive the student along the path towards illumination. He knows what must be done to drive the student from said path. Unaware he is being driven, the student responds to the promptings, questions and contrived situations of the Master, and so the student learns.

The Master sounds a rogue. Does he portray the love of the Great Spirit?

Yes. The discerning student sees only love within the Master Teacher. He symbolises love. He is love. The need for his performance passes as the student progresses. As illumination on many points approaches for the student, although study is serious, it becomes more a joy for both Master and student.

The Master knows of the spirit. He knows of man. He knows of the spirit world. He knows of the Earth. He always makes the student feel worthy of his time, his knowledge and his help. He even allows the student to help him in some way. The true student looks to the Master as though he were a god for to him the Master has all the knowledge he seeks.

I have to learn how to laugh again, how to be well again and how to be strong again. My Sifu Master and I never discuss spiritual matters. We talk frequently about the philosophy of the universe (Tai Chi) and how it is applied to life upon Earth (Chuen).

I find my Sifu Master a hall and a class and am very excited to be learning. Instead he forbids me to join the class. I have to stand in front of everyone. I am to be a teacher and he is going to teach me privately. I have always been shy and uninterested in being up the front, yet once again I am placed in this position.

I practise Tai Chi Chuen very hard every day because, besides being used for fighting and defending, it is a path to good health, both emotional and physical. This is achieved by performing it slowly and gently. The combined effect of external and internal training leads to a relaxed state of mind that enables you to dissolve into the form and reflect the personality. Through relaxation you become more sensitive to stimulation and quicker to react and adjust to the environment.

The Ladder

The ladder you are to ascend step by step is golden in colour. Each rung contains a level of experiences. As you place your foot on a rung it levels out to a great plain over which your life rolls.

You have just stepped onto another rung of this ladder. This level opens out to a large plain of long green grasses throughout which grow long yellow flowers that wave in the wind. It is a plain of fruitfulness. You are now entering this period in your life where the vine you have tended and cultivated is about to bear fruit.

What sort of fruit will you bear?

Let it be happiness.

Let it be peace.

Let it be laughter. Let your days be filled with companionship and joy in the appreciation of each day's experiences.

During this time discover the golden girl in your heart, the golden girl that is the real you waiting to emerge. Now is your opportunity. Now is the time.

Let her show herself as she is,
Filled with the pride of life.
Eager for the gift of healing.
Certain of herself.
Capable of succeeding in the gift that is living.

By being the golden girl you will be successful. You will be successful in harmonising the spiritual aspect of your nature with the material aspect you must concentrate on during this period.

Painful Truth

The first page of man's history shows the animal.
The second page shows an inquiring mind.
The third page is blank, waiting to be written upon.
The fourth page shows the dark and the light, the mirror of mixed experiences belonging to the human with the aspiring soul.
The fifth page shows conscious human activity.
The sixth page shows spiritual vision
culminating in spiritual attainment.

I am learning Tai Chi Chuen in preparation for a show. Guangzhou has been made our sister city and I have to do a public show during the city's celebrations. I have to share the stage with John, a teacher who has been playing Tai Chi Chuen for many years but he is performing Yang Style and I am performing Wu Style. No pressure.

Usually it takes about nine months to learn the long form of Wu Style Tai Chi Chuen, in both straight lines and circles. I have three months during which time my Sifu Master goes away for six weeks. No wonder I receive this teaching.

Specific Help

You are now to concentrate on the physical and material aspects of life. Do not think in an emotional way. Do not react emotionally to any moment in your life as you have done just this for seven years and now must seek the balance.

I shall be with you through this three month period as you develop the physical and material aspects in your life. Hold your emotions at bay but do not repress them. You do this by not concentrating on them or focusing on them in any way. Learn to take your place in the world in your own right and do not lean on another.

For three months, do not cry.

For three months, do not have self pity.

For three months, do not doubt.

For three months, smile and see the world as your host, remembering that you are but a guest.

For three months, thank the Earth for housing you and providing you with your needs.

For three months, forget yourself and merely respond to the gift that is your life.

For a brief moment I feel the peace of at-one-ment. I will never forget this moment even though I never feel it again. It is the greatest gift I could be given.

Balance

For a moment in time when you feel in balance,

You feel life, but not emotion.

You feel the world, but not its cares or its joys.

You feel a greater purpose in life, but not a particular aspect.

You feel love, but not specifically for an individual.

Whether you live or die, this feeling perpetuates.

Whether you are alone or with companions, this feeling continues.

This feeling is not reliant on anything or anyone.

It is that it is.

Accept all that comes your way and be neither joyful nor disappointed.

You are that you are.

When you are able to maintain this feeling of life and peace you are in harmony, and balance is achieved.

Learning is applying the philosophy of spiritual life to the physical world and living its truth. We are two worlds blended together. Over this next year I am given guidance in the form of clear steps, being directed towards the place I need to be.

I have no idea where this place is or when I am to arrive. All I know is that I have one year to regain my health and confidence. I then face a future I thought I would never have. How did I ever earn the right to receive such clear guidance that ensures safe passage.

A First Step – Guidance 1

There is a quiet time ahead. During this time do not rush into any precipitous decisions. This is very important. Use this time to consolidate. Do not seek to cause events to take place or for people to be or do what you want. Just be.

Learn, practise and accept. Trust in the powers that be and know you are nurtured. Live quietly and strengthen. Learn to love in all situations until it is an integral part of you, able to be expressed to all through voice and touch.

Learn this lesson well for it is an important concept to be used at every step of your life. One by one you will be given steps to practise and master. These undertakings will bring you great sorrow and great joy, but achievement will result in a knowing that will lead to inner peace.

The steps are clearly marked and you will only move ahead as each step is mastered. You will have to work very hard, but by following the guidance you are given success is assured.

Yearn not for what you think you need to be happy for you cannot yet be sure that you know what will bring you happiness. Allow life to unfold day by day as you live according to the real you inside. Be strong. Be firm but most of all be gentle and loving. Never forget this first great guidance we give to you.

Never take on a debt.

Repay in the form required all that is given to you so you leave this life free and ready to journey onwards without a backward glance, leaving behind all that is necessary for your work to continue, namely your love.

It is only your love that people will remember. All else will be forgotten. Love those who come to you to learn. Love those who teach you. Love all who enter your life whether they come for a short time or for your remaining years.

Remember always that your life is a gift you should treasure. See it as a gift otherwise it will become a burden you cannot escape for it will continue no matter what you think. When you treat your life as a gift it becomes very precious, for you come to realise what you can build with it and what you can achieve with it. You come to realise how it is a vehicle for experience and travel and how it binds you to others who have the same gift, allowing you to feel a beautiful part of something greater than yourself.

Love your life. Treasure every moment and this will cause every moment that is a treasure to bring another like moment to you. Treasure every person you love and this will cause your life to bring another like person towards you so you will never again feel alone. This is how happiness is built within you causing you to come to your full potential as a human being.

You are human and because of this you need to accept certain things about your nature that do not appeal to your higher senses. Accept and live with all that makes you human then from this state you will evolve to a nature that incorporates greater and truer qualities of life and love than that of the human being. For now you are human.

Love the human being that you are otherwise no-one will believe you know how to love and you will not be deemed

worthy of the greater things in life beyond that of this dimension of your life.

I take my own Tai Chi Chuen classes and life is busy in a good way.

Duty

Your first duty is to yourself. This duty embodies using your senses with wisdom.

Hear what is worth hearing.

See what is worth seeing.

Say what is worth saying.

Touch the lives of those who are worth touching.

Draw into you the essence of life around you that is worth embodying. In this way you will do what is worth doing and will not waste your time and your thoughts on trivia.

What is trivia?

Trivia is that which leads nowhere and achieves nothing.

By doing your duty to yourself you gain a degree of wisdom which is a draw card to those who seek wisdom not idle chatter. Your wisdom draws to you those who seek knowledge not those who seek attention. Should your wisdom be gained by your control of your senses, your knowledge will teach others to control their senses.

In other words you can only teach what you have already mastered not what you have learnt or are learning. Only a master can truly teach. All others who teach are really learning from those they deem to be teaching. This is why it is wise to walk in the pathway of the masters.

Who is a master?

A master is he who has gained control, through experience, of himself.

In his life he has succeeded in all his endeavours.

For example, through ill health he has discovered the path to good health and by following the disciplines of this path he has achieved good health.

For example, he has discovered the meaning of tolerance and compassion because he has had the courage to experience from those in his life with whom he has contact, great intolerance and lack of understanding.

A master will experience the opposite of what he seeks to master.

His experiences, therefore, are many and varied, intense and painful and they expose him to great danger of destruction. His courage and strength of purpose cause him to continue and achieve success through the repeated patterns of learning which, once mastered, need never be repeated.

How will a master teach?

A master will cause you to open your eyes and see the world around you with clear vision.

This first step allows you to choose which part of the world you live in. According to this choice you are exposed to an environment that mirrors the view and understanding you have of yourself.

As your picture of yourself grows your environment expands and you begin to hear clearly, just as before you gained clear vision.

You realise that what you think and say about your environment you are really thinking and saying about yourself. Once you realise that all your words describe yourself you only hear and say what is worth hearing and saying.

This principle applies to all your senses and your mastery of them.

This is the first stage of that great learning called, *know yourself*.

There is no right or wrong way to travel and truth is a harsh but just teacher. Just in case we find truth's approach too difficult we are given choices at different points along the way. Our available choices decide the degree of difficulty we are prepared to experience.

I use the word *centre*, but at the time I received this teaching I received a particular understanding concerning either this word or another and I can recall neither, no matter how often I try. It is possible that there is a more complex understanding to evolve from this teaching in a future time. All questions are answered, but the timing is in the hands of the universe. It is likely that I have to grow to a particular place before I can be given what is always niggling at me from behind a veil.

The Way

The way shall bring you all you seek and desire but what comes shall not be for you to have and to hold. It shall be for your use in your lifetime and then become a legacy for those who follow to continue, even though in time, after you have gone, it shall fall into disrepute.

All the good things of the Earth that men desire are part of the Way,

Success, acclaim, power, wealth, beauty and wisdom. These shall be achieved but the Way does not grant these treasures lightly. They are come by through their opposites,

poverty, hard work, challenge, courage, perseverance, sacrifice.

The goal is clear but the rewards are not for self.

Success shall come, but this you teach others how to achieve and so they achieve more than you.

Acclaim shall come, but this you hide within so others do not know of it.

Wealth shall come, but it is returned to the centre and is not yours to use how you will.

Inner beauty shall come, and this causes you to be separate from others, bringing you great loneliness.

Wisdom shall come, and this breeds fear and envy in others causing you to be silent and alone in your knowledge.

The steps of the way are simple and clear.

Poverty shall be yours, because all money shall go to the centre and not for your life.

Work shall be yours, because you have to work for your life and work to build your centre.

Challenge shall be yours, because although the steps are clear you must find and face how they are achieved.

Courage shall be yours, because in adversity you are alone and must face the opposition of others.

Perseverance shall be yours, because everything takes time and there appears to be no rest.

Sacrifice shall be yours, because you shall have no personal life as all goes towards achieving and building your goal on the Way.

Because you are human there is no guarantee. You face the tests of your human nature and it is your human nature that can tear down the fabric of your life.

There is an alternative to the Way. You can build for yourself and achieve a degree of wealth and ease of life but knowledge and wisdom shall elude you.

To gain the knowledge of the universe you must join with the universe and forget yourself. When you follow the Way what you do and what you build is not for you alone and your life. It is for the lives of others and in this you are but a servant.

To follow the Way and achieve all that it promises you become the servant of all who seek to gain from what you have built. Later you reap for yourself the benefits of your labour but because you will have learnt to be in the world but not of it they will mean nothing.

The way is achieved through walking alone. Acceptance of this path causes your sorrow to turn to joy and your tears to laughter. You will not be lonely. You will have a support and a guidance that in time you will give to others.

In all you do build for others and you will not take on a debt, a debt that comes to those who build for themselves.

At the beginning of this journey I say,

Please speed my lessons.

When times are difficult, either physically or emotionally we look for support as though it is our right. We receive teachings and guidance in these times and it is easy to be grateful.

I have always been concerned that when times are materially easier, when the path is straight, when good people are in our lives and confidence has returned that the resolve to follow a spiritually inspired path may lose its appeal.

Happiness in Earth life can dissolve spiritual endeavour, eroding its purpose when it is initiated through need rather than yearning.

Support

I have shown you the Way, have I not? I have promised to stand by your side, have I not? Your needs are met, are they not? Dare you ask for anything other than that which is your destiny? Does not your destiny change with the asking, for your asking has a power of instruction that draws your desire to you and what is the result?

There is a price to pay when you seek to serve. Do you still seek to serve? You may change your direction now if you wish. Choose now and accept the consequences of your choice. Once you decide and step upon the laid path events will unfold. You will then be powerless to change what will be.

You are coming into a period of testing to see whether you are strong enough to continue. Love, money and security, do they attract and hold you? Service, learning and loneliness may be the alternative.

I seek your heart.

I seek your all.

In the barrenness of your Earth life I shall give you a taste of heaven. You shall suffer a poverty upon the Earth that is a desert, for you shall belong nowhere and to no-one, but heaven shall be for you in your heart.

I shall give you a love that shall become your life. This love shall give you a beauty that shall show in your eyes, eyes that judge no man.

Be a warrior. Do not be afraid.

I shall support you and love you till the end of your days and your life shall be full. The path does not matter, only how you walk it.

Be brave. Be still.

Let *He who has Eyes like Diamonds* approach when the time is near. From his direction you shall discern a strength within you never knew was possible. Because of this you shall

achieve all things. You are loved. You are supported. You are not alone.

I am planning my future. I have been told not to waste my energy looking for a job even though I only have three months to arrange something as the end of the school year is approaching. I am told one of my Tai Chi Chuen students is a schoolteacher and she will direct me to a school. This turns out to be so.

I talk to the headmaster and tell him how I would prefer to work with older children in a closed class situation with desks and carpets, even though the school is open plan and no-one has desks. I cannot understand why he does not offer me a job. Two weeks later he contacts me. He has created a job for me teaching English second language. Six months later he gives me everything I have asked for and I am not popular with the other teachers.

Learning Tai Chi Chuen and receiving treatment has made me strong again. My mentor headmaster leaves because of cancer and the new headmaster does not want to employ me. Within two tortuous years he squeezes me out and I am distraught. I must work.

My Sifu Master teaches me Tik Dah Treatment and the seeds of a stable future are sown, leading to a way of life that gives me freedom of movement. For this benevolence I am forever grateful.

Treatment is hard to learn because normally this is a man's job and I am too old, but I rode horses in my childhood every day for over ten years and this has given me strong hands. I have practised Tai Chi Chuen sometimes six hours a day during that first important year and this has given me inner strength.

Tai Chi Chuen training may be external or internal. The external type of Kung Fu has the emphasis on physical training while the internal emphasis trains the mind and develops qi. My Sifu Master trains me in both, with an emphasis on internal training. He is very wise and obviously has insight into my path through life doing everything he can to prepare me. I have again been given the great gift of truth and am learning only what I can use in my daily life.

I perceive life to be a natural blending of spiritual and physical aspects that work in harmony when the spirit leads the way. The spirit is strong and capable, able to adapt to all manner of living; bending like the reed in the wind and moving like water through the environment. The spirit is good health; an indestructible seed of life and vitality.

The spiritual strength of certain souls can renew the Earth so all men and women can respond to the philosophy of a continuing life. Their strength coming to the Earth helps consolidate the path of light.

My Sifu Master is one of these souls. He seeks to aid those he comes in contact with in whatever way he can and his light adds to the spiritual lights that contribute to the strength of the Earth.

Dawning

Within the rising sun you shall see the figure of a man who symbolises the man of the future.

A race shall people the Earth, a race that shall spring from the foundation being laid now.

It is the man with integrity and honour who shall rule and he shall come by the way of Via Dolorosa.

His power shall be seen to influence all who spend any time in his presence and his words shall heal.

He shall know many things but he shall not speak of them.

He shall know the needs of all people with whom he has contact and these needs he shall meet.

All of this race of people shall work in this way and their influence shall spread all over the Earth, touching the people of all nations.

In this way such a man is a nomad and shall bend in the wind no matter from which direction it blows.

Each man of this race shall recognise the other and the smile of each shall encourage and strengthen.

In such a way a strength shall enter the Earth, the face of which shall be changed forevermore.

From this striving of the man of honour and integrity the Earth shall grow.

I have had two years of learning. I have lived these two years as I want to live, not as I must. They have given me greater mental and physical strength in preparation for demanding years ahead when I am returning to a job I do not wish to do; a job that gives me a steady income to support a mortgage I am encouraged to pay for as fast as possible.

Ordinary Inspiration

Inspiration can come not only from teachers in spirit but also from those living upon Earth presently and previously.

How does this happen?

All people who come to the Earth to live an allotted span of years not only have to promote their spiritual evolvement but also have a task to perform. For many the task may be simple and mundane but always it is a service for someone other than self. To perform a task for *the upliftment of mankind* is not a special and marvelous service. It is a normal part of spiritual

growth for every man and woman. All that varies is the size of the task and the degree of involvement.

How is this achieved?

The first step is receiving inspiration. Each person is inspired and enthused to do something that is not just for self. Although each person's spirit has knowledge of the best task to perform not everyone hears this inner voice. It is easier for them to be inspired by another. Inspiration can come in three ways: Listening to another; following the example of another and receiving from a higher source.

Everyone who has lived upon Earth leaves a memory or imprint. Some imprints are stronger than others. Some leave very powerful and vivid memory patterns and others very weak. Each memory pattern is a signal and those living on the Earth can tune into the signal they desire, according to the strength of their own signal within their brains. Should this electrical signal be strong enough, it will attract another signal of the same frequency. By the Law of Attraction and through desire each can receive ideas for action which may be adopted. The depth or strength of the idea and its description is dependent upon each electrical current.

Should one tune into an idea that is strong, powerful and for the good of many, and should others by their desire and strength also tune into this same idea all will come together when the signal is strong enough. When the signal is weak, but still of the same mould, paths may cross, but the timing will not be the same and each may miss the other by moments or years. This is why people's paths cross in time or place but not simultaneously until their desires match in intensity and strength.

Discussion and talk of the evolvement of man and how he does this can benefit others who come after, but it depends

upon the strength of the spoken or written word. The ability to understand, give and receive love always adds command to inspiration.

Inspiration is for all.

The only thing that varies for each person is the quality and source of the information. To attract inspiration of quality the calibre of thoughts must lift beyond self. Doing so attracts inspiration from a higher source of spiritual evolvement from others upon Earth and others from the greater life.

All men and women, whether they realise it or not, receive a degree of inspiration.

All men and women, whether they realise it or not, have a task of service to do for others.

How this task is achieved, with or without love, plays some part in the cultural evolvement of the race of man living upon the Earth that is the most spiritually evolved at the time. The teachings of *Memory* and *Milestone Lives* come together with the teaching of *Ordinary Inspiration* to show with *The Red Ruby* how civilisations rise and fall. Each person plays an important part and contributes to either the rise or fall of the nation to which he is either born or attracted to. Thus is *responsibility* each man's lesson. Thus is *wisdom* evolved man's goal.

I have conversations with people who present their spiritual beliefs with great force and I am perplexed at their complete acceptance of what they say. Blind faith does not inspire me and their descriptions of life after death sound like a modified and idealistic extension of Earth life. I am always afraid of conjuring up an image of how life in the greater beyond should be.

How can any of us ever know what life in the greater beyond is like? I have a mind of reason and a deep intuitive knowing within me and neither finds their words reasonable.

Finding it unnecessary to refute, I listen then ask the teachers for an explanation.

Discernment of Truth

Association of ideas allows new concepts to form in your mind. It is a great leap from accepted ideas to a new realisation of the same ideas. The mind first has to grasp a truth when its opposite has been presented as truth.

This is how evil takes root upon the Earth. It is the turning of the wheel so that the opposite, which is the dark, is presented as the light and the light is not presented at all. What is comprehended as dark is ignored. When the dark is taught as light fear is born, for the real light cannot be presented as darkness so it cannot be presented at all. The result is mysticism, secrecy and mystery. This is how *truth* has become mystical and hidden.

Should you desire to reveal the truth your first step is to reject what is taught as a truth when you know it is not. The realisation of truth comes once you can discern what is being taught as truth is not. Such a teaching is always shrouded in mystery. Do not seek to replace it with a correct teaching. This will come of its own accord when you are ready. There is nothing mysterious or secret about truth. It is simple, natural and clear. All may discover truth when they are looking in its direction.

The Earth is not evil yet evil exists upon the Earth.

How can this be so?

When you discover the answer to this question you will know how to discover truth upon Earth.

The Earth was created in light and truth so it harbours light and truth. The material world of Earth creates material man and material man has a material understanding of life. This is good. This is natural. Man must work for his life or he will die. He must labour to glean the harvest from the Earth that supports his life. To do this he needs to understand the natural laws of the Earth so he can live by them. He then knows how to harvest the Earth's wealth and return to her what she needs to continue her crops.

By living according to natural law man is living in truth. Each of man's civilizations on Earth tells us how much knowledge he has had at that time. Apply this concept to modern man and we can see how much knowledge he has now.

When life upon the Earth is inharmonious with the Earth, man has little knowledge of the truth of life and at some stage within his existing civilization he will have to retrace his steps and discover when and how he lost his knowledge of natural law. This is a sad and sorrowful journey for he cannot go forward and grow in his capacity to absorb knowledge and truth until he has grasped the basic understanding which lies in the past, in his history.

How has modern man lost his knowledge of truth?

Love has been classed as the greatest virtue man has. Love is mysterious in her ways and is not easily comprehended. The meaning of love has been interpreted in many ways and is easily misunderstood. Pride has been classed as his greatest fault. Here is the discrepancy. Is not humility the opposite of pride?

Humility is easily understood. It cannot be misinterpreted. Lack of humility and non-acceptance of his true position in the Divine plan of creation has caused pride to grow within man.

Because of this pride man's heart has hardened and is unable to house true love. He has sought to run away from his true place upon the Earth.

Humility causes man to obey the natural laws of the Earth and the universe thereby gaining the key to the Earth's knowledge. By downgrading humility and upgrading what he calls love man gives himself a justification for all his actions. When his actions, in the name of love, do not comply with natural law truth is lost to man and what justifies his actions is taught as truth with all else being presented as darkness.

Because non-truth is presented as truth it is hard to understand. It is hard to grasp and it is hard to live. It is then called faith and the people are asked to believe it. They are taught to believe it by those who understand the psychology of man. They are also taught to live it. Thus is unhappiness born, for humility is dead and truth is unapparent and unrecognisable.

There is still a voice in the wilderness but who is listening?

I shall give my knowledge and truth to the humble man, for love's real name is humility. The least in my kingdom shall rise and I shall place him before all other men. They shall be surprised for the humble man shall have proclaimed his truth not at all but shall have lived it according to the knowledge of his heart.

My truth shall not come through the eye or ear but through the heart. The visions of the eye shall be for the doubters and those filled with pride and lust for power and luxury. The humble man shall work hard for his knowledge and live, step by step, each piece of understanding he receives into his heart. He shall not rely upon a vision of life. He shall live his life. Visions are for the dreamers who are too lazy to live and work for what is worthwhile. The humble man who has love in his

heart shall bar the gateway to his vision and these bars shall cross the doorway of light so none may enter and distract him from his goal.

Eye has not seen nor ear heard the reality of what shall be. Truth needs no vision, nor explanation. It is apparent in the bearing and stature of the humble man.

I understand more now why Rose told me I would only have one friend at a time. People enter my life then leave. The time of their arrival, duration of their stay and their departure is always appropriate.

I am given no chance to cling or become dependent. I am to stand firmly on my own resources and continue to discover further aspects of love's demeanour.

A Culmination - Guidance 2

I always come to you through another.

Seek my presence in all people and you will recognise your appointments. I can spend but a time in each person and that will be the duration of your association. You will never be alone for this reason.

This is why you need never become dependent upon any association. Love all people and he who is me for the time can be recognised.

In this you are a nomad. In this you love and are loved, but there is no security other than what is in your heart. In this way I shall remain with you until the end of your days. This is why I have taught you to love each person for all your days and to aid and help those who bring me to you, never to forsake them when I depart.

They also shall see me in you and in this you shall be loved. You shall not know which love is my love and which love is your

love. You shall not know which strength is my strength and which strength is your strength for the two shall be as one.

The first rung of the ladder was,
Never take on a debt.
The second rung of the ladder is,
Never become dependent upon another.

Love all tenderly. Do not be afraid of love's gentleness.
Acceptance of this will not take you into the storms.
You are safe and need not be afraid of any person upon the Earth.

I am your guiding light. You shall be a shining star for you have earned your wings and are now to fly. I have pruned you, clipped your wings and held you back, alone, afraid and in the dark, yet you have never faltered in your desire to continue the journey. You have your teacher upon the Earth for a time. You have your love upon the Earth for a time.

Learn humility in this and learn by example, for it is a sad day for you later, when you wear the same cloak. Give love. Give it wisely, and you shall receive in abundance.

This is a message for you from He Who Has Eyes like Diamonds, he who is away. His silent presence was here for you although you knew it not at the time.

Seek and You shall Find - Guidance 3

The first step was,
Never take on a debt.
The second step was,
Never become emotionally dependent upon another.
The third step given to you now is,

Do not become ambitious and seek to force the hand of destiny.

There is no need for me to elaborate upon this teaching.

It speaks for itself and is a culmination of many other teachings.

The Steps - Guidance 4

1. Never take on a debt.
2. Never become emotionally dependent upon another.
3. Do not become ambitious and seek to force the hand of destiny.

The fourth step given to you now is,

Face the challenges in your life.

You now face challenges, decisions and setbacks on a daily basis. Your actions in facing these conditions shall bring certain events to you with their accompanying knowledge and resulting understanding.

You cannot hide your face at this time. You must act in the moment and without hesitation. According to your action now you set your course for the next six months.

Your decisions and actions today shall build the events of your life for the next six months. During these six months there will be nothing you can do to change or hold back events.

Like many people, sometimes I want to know what is going to happen. When I am in this state of mind I do not want to know future events. I want to know what sort of times I am moving into; times of prosperity, times of hard work, times of joy?

I want to remain the arbiter of my own destiny. The words, *when living is done beautifully, as a work of art,* encourage me to be joyful and full of laughter.

No matter my desires, no matter the events of life, I want my footsteps to tread gently so I never hurt anyone. I want my footsteps to lead to the goal I have always held close to my heart; truth.

Footsteps - Guidance 5

Let my footsteps be gentle so no blade of grass is disturbed, no flower broken and no living creature destroyed. As I walk may my passing only be noted for the gentle whispering made by the movement of my gown, by the soft footfall of my steps and for the warmth engendered by my smile. If all I achieve is this surely I will have enhanced the world even if only for a moment.

Each decision to stay in the life of another for even a short time should be based upon your ability to enhance that life and bring some quality of courage, endurance or joy.

Should one word or one decision destroy any part of another's life your presence is wasted and you will be unable to move on until a healing takes place. You may then miss an appointment.

To adjust your heart to the rhythm of another may cause you to remain when perhaps you should move on.

The fifth step given to you now is,

Let the pace of your step never vary.

Should your heart beat to the rhythm of another let it be so because another has matched the rhythm of his heart and the pace of his footsteps to yours for the duration of the association.

You are a nomad. Continue to be so. Do not stop or adjust your pace to suit another's desires reading these desires as your own. May each moment of your life spent in the presence of another be to enhance and improve the quality of his life.

Radiate the spirit of man so it causes the beast to be blinded and the spirit to rise. All will then remember you only as a presence that mirrored their surroundings.

You shall rise as the phoenix in this life but remember the flight is short and you must once again taste the ashes. Do not be afraid. There is joy in flight and there is joy in rest when living is done beautifully, as a work of art.

Initiate - Guidance 6

The sixth step given to you now is,
Initiate.

Let the tides of your life once again move you to new pastures and seek out what is important for the next stage in your life.

Travel alone and listen only to your heart. You are no longer a child so you no longer need the comfort of a constant guiding presence. In the silence you will discover how to take the next step on your way.

Trust in what you know to be so and continue to practise kindness to all others for it is others who place you where you are.

Remember to see all people as your teachers. Do not decide for them any of their movements. Let each remain in your presence for the duration of his desire. Accept the face each presents to you seeking not to change anyone in any way. To do so is to adopt the karma of another as your own.

Let no word pass your lips unless it is a kind and gentle word. Seek always for your presence to be a healing for another.

Reassurance – Guidance 7

The seventh step given to you now is, *Be a worker*.

At this moment do not be the cause for any event to change. Work hard at all you need to do. Sit back and let events take their course.

In the future initiate your own course of action without consultation with another or inclusive of another's desires. Make decisions for yourself, neither seeking another's advice nor another's approval.

Initiate nothing for another.

Let all people go about their own lives as they see fit.

Be alone. Be alive.

Be fulfilled in all the decisions you make for yourself and your life. Do not fear loneliness for it is only in your aloneness that I can reach your heart.

I will lift you up and show you the world. After I have placed you on high you will no longer mind anything another says or does. I will show your strength and your love, and you will be reassured about your destiny and your life's work.

I am grateful for the guidance I have received during this difficult working period. Sometimes I want to sink into dependency and let someone take care of me. This will never be but it has a certain appeal at times.

The Narrow Path

The journey should now be made alone.

Dependency is a quality of the Earth. When it remains within, you remain attached to the Earth. When you seek knowledge beyond the influence of Earthly matters this is done in conjunction with Earthly practices, not instead of. To truly discover this knowledge means that the ties of the Earth will be broken and so of course you will be alone.

Emotional attachments and family affairs are the way of Earth life.

They bring their own teachings and understandings. Knowledge beyond these things should be sought for when time allows. Earth life cannot be sacrificed for greater things otherwise all is lost. Dependency upon loved ones and family is what binds people to the Earth.

Are you ready for this loneliness?

It is beyond anything you have ever felt before. You do have to walk alone to gain further knowledge and the pain of severing your remaining ties may overwhelm you. Are you sure this is what you want?

I cannot promise you any happiness. I cannot promise you fulfilment. I can only promise you knowledge that may lead to wisdom.

All you gain will come from the inner plane and you will only have yourself. Others will flee from you for to them all you do will seem effortless and this they will not understand.

Let all people observe you. Learn to be unaffected by their presence and continue whatever you are doing. This will cause the last of your shyness to be dismantled. You will then be able to do whatever is asked of you without self-consciousness.

This is the only road I know that will take you away from the Earth.

I can offer you no other. That is why it is so narrow and forsaken. Many start but it is hard to travel. This is why the Earth continues. The people of Earth are too afraid to leave their dependency upon each other.

We all need a reminder of what we have been taught because so often what we have been taught is so difficult it is easier to forget.

Power

He who follows The Way experiences and gains knowledge of evil; what it is and how it works.

Because of this, the philosophy of reward and punishment is understood for the travesty it is. The philosophy of power is easily understood. It is the promise of reward upon the Earth, gain for efforts made in a chosen field of endeavour.

In all fields of endeavour the road is forked. All roads begin at the same point and part into two forks after initial testing. Those who have their own desire, own idea, own ambition, who know their direction of learning and who have a goal shall take one path.

Those who have no idea of their own except to follow the Way know that knowledge and protection shall accompany them as long as they maintain their integrity. They shall take the other path.

Those who choose the direction of following their dreams may fulfil them. They may achieve. They may be successful. They may reach their goals. They work hard and deserve the result of their efforts.

This path of directing your own way, realising opportunities, following and fulfilling them also binds you to the things of the Earth. This is the path that allows evil to flourish and the existing way of Earth life to continue.

The first lesson you received was -
Do not build for yourself and so take on a debt.

Debt incurs karma, a karma that shall pass on through the generations to come even to the seventh. The circle once begun shall be completed, but before its completion it shall cause the wheel to turn, affecting the lives of many for generations to come.

Achievement to be reached needs power.

Desire to be fulfilled needs power.

An idea to be actuated needs power.

No-one can do these things alone. In seeking fulfilment of their desire they affect the minds and lives of others whose help they need to achieve their goals. They make their path seem attractive to cause others to walk with them. When using others to achieve, something must be promised to cause them to want to follow.

Fame, fortune, glory, power and their accompanying pleasures are the incentives. Through these incentives control over others is assured. At this point evil is present.

All that is promised can be granted. The path of achievement becomes the driving ambition of the initiator who uses any method to manipulate others to do his will in the achieving of his goal.

Upon the Earth you may achieve anything you wish by the power of your desire to do so and the efforts you make. The power of your thought is followed with the power of your action. The result is the turning of the wheel.

The alternative is the other path, a way that is walked alone because the desire to follow the Way implies a lack of desire for power, fame, fortune and glory, the incentives that bind the traveller to the path of another.

Knowledge gained at the beginning of this road enables a responsible choice to be made. Those who choose to follow this path have no idea of their own, but to follow its direction.

They have already accepted that this path offers no rewards other than increased knowledge.

The path opens or changes direction when necessary. What is achieved or gained is because it is necessary. There is no ambition in the mind of the traveller and the prior incentives do not tempt or hold any interest. Should they do so at any stage the traveller shall leave the Way and return to the other path.

This teaching applies to every endeavour undertaken in a whole life and so implies opportunity and choice.

We all forge links with other people. These links can be on many levels, some strong and lasting other apparently strong but short lived. Many links are built on quicksand for they are a response to an emotional desire. All are part of life and are welcomed, not to be seen for more than what they are for they are different from appointments with destiny.

Magnetic attractions are the most dangerous of these links and can lead to trouble for the unsuspecting and trusting traveller. The best example I can give of this arose from a relief teaching job with a co-ed class of twelve and thirteen year olds. There was a particular girl only one teacher could handle. She came late to the class who was quietly working. Never speaking she walked slowly to her desk as all eyes turned to her. Within two minutes she looked at each person and the class erupted out of control as she sat smiling and maintaining eye contact.

The Link

The tester shall come and seek to forge a link between you and another. In cementing this link you shall then be unable to continue the journey alone and may even abandon it. After travelling alone for some time you become vulnerable and

grateful to feel any bond with another human being. Desperation can take hold; desperation to be united in love and thought with a fellow human being. This is dependency.

Remember.

All who travel alone must recognise and face evil which wears many guises. The only intention of evil is to turn you from the spiritual course or Way you have chosen to follow.

Why have I come to you?

Why have I aided you in your training over this period?

You chose your path on your own initiation. Because of your intense desire I have helped in your training. You have never faltered. I sent *Strength* to your side to keep you safe. Upon his departure I sent you an independent love and an independent guidance. When it is time for this love and this guidance to depart you will walk alone.

I will send you a link to guide you safely over these hurdles that are the final in independence. Accept it calmly seeing nothing large or serious. It is a kindness and a reassurance that I have not forsaken you. When you are calmed and see light instead of darkness this link shall come as is intended.

You shall be independent.

You shall be a worker.

These affairs shall come first in your life.

The link shall only be for a short time then you will stand completely independent facing all without the need of guidance and reassurance. Only then may the phoenix rise from the ashes to fulfill a certain destiny.

Embracing the lifestyle of Tik Dah Treatment that I adopt for the rest of my life, I am self-employed. Although I worry

about completing my mortgage, I am happy. I have freedom of movement and independence.

In the early years as a Seeker of Truth I am clear in my goal. I want to find truth and I want all spiritual and physical learning to work together. This is happening now. How can I not be happy? When people ask me how and why I do what I do, my only answer is *Destiny*.

Happiness.

The heart that has prepared the way for many years welcomes the arrival of happiness. It is not until residence has been established for quite some time that it becomes apparent that happiness has arrived.

It is the constant practice of the ways of happiness that causes the heart to become filled, so slowly that the realisation of the presence of happiness does not come until the heart is filled to overflowing. Only then is the presence of happiness discerned, and then only realised because there is no room for the continued expression of other emotions. The emotions are now under control without being repressed.

This explains why people often allow their happiness to slip away, not realising its presence until they have failed to follow its disciplines and it has departed. This level of happiness is not that of the full heart but is the time of its growing which is why people are unaware of its presence until its departure. Their awareness is caused by the lack not the presence.

When the heart becomes filled the golden girl emerges and life is changed forever. The disciplines are achieved enabling the traveller to arrive at the Golden Dawn. Realisation and comprehension of many things are reached, instantaneously, in a moment, when all the petals of the lotus flower are opened.

The chains fall away and the cup that was emptied becomes a chalice; the elixir within enabling the spirit to soar to heights not recognised by any who have not learnt of and practised the ways of happiness.

Happiness is a teacher, like her forerunner, Strength.

The presence of happiness is slow to perceive. It is only the continual discipline and practice of her ways that enables full realisation of her presence to be discerned. Those who fall away from these disciplines are unaware in the beginning that she was ever a presence in the heart, for comprehension of her presence comes only with her complete and total arrival. It is then that she brings with her, her companions, peace and serenity.

This is the only teaching I receive in the seven years following *Happiness*. I have a way of life I am working to consolidate even though I never stay in one place longer than two years for I do not want my house to own me. Within this period, I add Traditional Chinese Acupuncture (P.G. Dip.), Cell Salts and six Tai Chi Chuen Forms to my repertoire of learning.

My Sifu Master and I battle for New Zealand's right to be included as a representative of Tai Chi Chuen in the Olympics but the politics of martial arts are too difficult to surmount.

I continue to receive direction when necessary. I want to change my house and for five years I await the timing. I ask daughter number two for the local paper of another area. My eyes alight on a particular house up for private sale. I contact the owner who has a committed offer on the house but he offers to sell it to me for $5000 less as long as I give him the deposit immediately. He also offers to wait four months for me to sell my house. I give him the deposit and sell my house privately in three days.

The Phaeton

The words of *He who has Eyes like Diamonds* race through the ethers as a phaeton drawn by four horses, strong, powerful, fearless and beautiful. Each word is as one step of a horse, so this message is fourfold.

For a while each horse fights the bit seeking to take control of the direction and speed of travel. After a time each sees that one horse cannot lead and that all must work as a team, hearing and obeying the direction of the driver.

The driver, although in control, has need of each horse's contribution of speed and power to be able to reach the destination at the appointed time.

You have four issues to bring together, love, money, home and your task of love. Each issue has your attention at one time for a moment just as one horse seeks the bit. After each is settled all will come together just as the team of horses work together to pull the phaeton. Let us look at each issue at this moment.

Love.

You are secure in a love that is shown to be sincere and long-lasting although the nature of this love will change and not always be a major part of your life.

Money.

Still has to be made and secured.

Home.

Made but still has to be secured.

Spiritual Task of Love

Made but still has to be secured.

Once each issue is secured all come together and your life is whole, one, open and ready for your task in hand that has been prepared for you.

Remember, you are a nomad and continue to live for the task to be done, wherever that may be. This is your birthright.

Peace and goodwill to all men and women upon the Earth.

Spiritual drive and the intensity of its purpose are not casual in nature or design. All such commitment is planned before coming to the Earth and has a course of direction.

There are years of planning and effort to see a work commence and, no matter the result, it is never in vain. Spiritual endeavour does not exempt its executors from continual testing for strength of purpose and commitment to the task in hand.

Over the next eight years my focus is on consolidating my material life through learning, Tai Chi Chuen practice and hard work. I only write when I want to say hello to the teachers who are never far from my thoughts.

It is up to us to lift to the place and vibration that inaugurates the contact that can give clear directives when required. That responsibility has always remained mine. The teachers wait for my requests.

The people we see, pass, and talk to, are part of our destiny. Out of the millions of people present upon Earth at any time, we interact with only a few. I am inspired by some of these people and I write about them even though I only remember their vibrations. Their faces have faded.

I meet a man when I am learning Argentinian Tango. He has a solid physical strength and is one of the most intelligent people I have ever met. He is all mind. I can never beat him at cards or have the last word in any discussion. Sadly he succumbs to alcoholism which leads to a stroke at forty years of age.

The Villager

Along the mountain tops he roamed, a restless soul, yearning for a quality of life greater than that achieved in the ways of village life. Fair-skinned and well-built he had a strength about him and his steady gaze imparted a reassurance and capability. Although his frame was tall and lean his legs were strong and powerful, able to carry him for long periods without tiring.

He was born to the land but was forever turning his gaze to the distant horizon and dreaming of far-off places. His desire was to experience the unknown, that of the sea. In his heart he knew he had sea legs and an aptitude for sea life. As he looked across the rolling land his mind visualised the sea and so intense was his feeling that he adjusted his stance, splaying his legs wide to compensate for the rolling deck he could feel beneath him.

He was a silent, deep thinker who rarely spoke yet his thoughts had a power that enabled him to create around him whatever he deeply yearned to achieve. The mountains gave him a feeling of strength and a belief in the power of life he sometimes felt surging through his veins. At the same time he often heard a gentle voice calling to him from the distance and it was this voice that caused his inner discontent with the life he knew. It was this voice that urged him to cross the waters to new lands and new ways.

He had made many trips across the mountains but on a particularly early morning as he watched the sun rise low on the horizon and the light of day arc across the sky he realised the voice he had heard so often was becoming weaker, as though no longer able to reach one who never responded. A sense of impending loss overwhelmed him. In that moment he knew he would leave the mountains and follow the voice before it faded completely. He knew this was his moment in

time, a moment never to be repeated, a moment in which he could take a step into the unknown and give new meaning to his life upon the Earth.

Without a backward glance he left the mountains and strode purposefully towards a destiny he knew would be difficult and fraught with danger, but a destiny he hoped would bring fulfilment and ease the loneliness of his heart.

These are the qualities he has today. This is the legacy of the villager.

A powerful mind that needs only focus on a yearning within to make manifest; a mind so powerful it can create desired circumstances.

A calling from within that presents the moment of change in destiny; the moment to be seized even though the destination is unknown. A stride strong and purposeful, able to safely carry him and any who travel with him.

I meet a highly intelligent and gifted pharmacist and herbalist with remarkable research abilities. He has strong intuitive perceptions which I find extraordinary in a scientist. The modern innovative thinker can combine the intellect and intuition and become the medium of the Age of Aquarius when the spirit is allowed to lead. May he realise his potential.

The Alchemist

With philosophy at his fingertips in a time when specialisation had not yet fragmented man's life, the alchemist sat at his table and bent to his task. Nature had yielded her secrets to him and he worked long into the night.

The room was lit with candles and tapers, creating a gentle glow inducive to reflective thought. The surrounding aroma of herbs cleared his mind. With a sigh he straightened and drew

a deep breath then leaning across his workbench he picked up his pestle and mortar.

Into it he dropped small handfuls of herbs and a few drops of wine and oil. Using his pestle he began to gently press. In the other room a fire had already heated the pot in which his healing potion would simmer for several hours.

His gentle demeanour and assured movements made his task appear simple but his choice of herbal combinations was the result of many years of experience and study.

His life was solitary. His focus was unwavering and he healed the sick. In his moments of solitude he would sometimes reflect on his sixty-five year journey, this reflection always drawing him towards the skies.

In these moments he would gaze at the stars, envying their imperviousness to time, knowing they would one day look down on a world where alchemy would become science and the alchemist a pharmacist**.**

The Sea Captain

Time had passed.

It had been so long since he had been home he no longer remembered the nature of home life. His two children were almost grown yet he had not had sight of them for many years. The likeness he had of them was in their early growing years but they had matured since that time.

His daughter had a head of dark curly hair, a petite face with a fine bone structure and the voice he remembered was full of laughter and joy. His son was more serious and studious, a scholar, unlike his father who roamed the Earth, the captain of a seafaring vessel.

Maybe it was age upon him that caused him to look towards home but the moment passed and he turned his head

towards that other horizon, a distant country, another port and another beautiful woman.

Heart

Clarity of mind, acute perception and quick reactions marked the stature of the man who sat by the fire. The skies were low as though melded to the Earth and the man seemed as part of both. Although alone by preference he held refreshing memories of warm human contact.

Family

This was his treasure. As the memories flooded back his face glowed in the firelight and his soul was mirrored in his eyes. Then the dark clouds overshadowed his inner sun as he faced his second treasure and haunting.

Memories

Laughter, joy and a deep happiness belonging to that time when he shared a life with his beautiful woman and the child she bore him. It was the black sickness that took them leaving him alive and well with a black void in his breast where once his heart had beat. In this respect the black sickness had overtaken him as well.

Heart

The man's senses returned to the reality of his present surroundings. He gazed intently into the fire, his soul searching. He could not raise his eyes for he knew his heart had deserted him and he had to find its pathway.

Character

Strength and health were the hereditary qualities of his physical nature. Intelligence and will belonged to the learned

character of his soul. Awareness of the fragility of Earthly life belonged to his spirit that mourned the absence of his heart's expression of love.

Travel

He travelled the world for an understanding of the void within. He encountered many people but none who could teach him of the heart. To him all places and people were the same. He adopted many new ways, some good and some evil, but within he remained unchanged.

Companionship

It was a small dog, thin, beaten, scarred and tired. It limped to his door and cried for entrance. For many months he nursed the animal to health. In all that time of dedication the dog asked for nothing, but quietly accepted what was given. When the man looked at the animal he saw only trust and love, exactly as given to him previously from his wife and child.

Peace

Knowledge dawned. His heart became filled with love. He had not found his heart. His heart had found him because he had given love to another.

The Badger

The badger appears grey from a distance but has individually coloured hairs in its coat of black and white. Starting from its head are two broad white stripes. It lives in woods and hedges in an underground network of tunnels with many entrances at ground level. It is a nocturnal animal with a life expectancy of fourteen years.

It has a stocky three-foot body, a short tail and short powerful legs. Its arms have strong claws on the front feet and

it walks on the soles of its feet like a bear. It is not built for running and can only run fast over short distances.

The badger is a clean animal. It is constantly cleaning itself and its habitat and searching for clean bedding. It scoops out a toilet above ground away from its nest. It lives in a communal system with a continuity of social life.

It will travel long distances to search for a mate when necessary, and it mates for life. Only one female in the social group breeds, having three to five cubs.

Its social system is less developed than other mammals as there are no helpers in the non-breeding group. The badger, carnivorous and herbivorous, hunts and feeds alone, travelling long distances to search for food when there is little within the preferred two-kilometre radius.

The badger strengthens bonds within the group with grooming and play. It distinguishes friends from enemies through scent, as the group is territorial. It can be aggressive and give a good account of itself with strangers.

Many humans who walk the Earth today live more closely to their animal nature than to any other aspect that makes up the human being. Of this group many live in a way that closely resembles the life of the badger. Be observant and you will discover them.

I am privileged to have contact with a brilliant academic and author who researched and translated many old Latin and Arabic texts on Medieval Astrology that I am learning. He has contributed much to the world on a path that has not been easy and has paved a way for others to follow.

A Timeless Soul

In his heart he sits atop the mountain and meditates. He is frequently drawn there when his mind becomes too full of the

world's activities. Although he is very much involved in all that is happening his spirit is now pulling and tugging him more frequently in a new direction.

His intellect is vast. His emotions are raw. His needs when fulfilled no longer satisfy and his cry goes into the void.

He has lived with a thirst for knowledge so great that it has taken him down many roads. To encounter truth on such a journey he now sees is a privilege. So often in the past what has been written has been an expression of research, and inspiration has eluded the author.

It is inspiration he now needs, but he does not realise he already has this talent. Because his mind and vocabulary are so expansive he has an ability to elucidate without forethought.

It is his vast library of reading that has created the fear of inspiration and he worries that this may have contaminated his capacity for original thought.

He has no need to fear. He has already made the leap into an area of acute appreciation of the vastness of the universe. He is aware that for all he has read, understood, assimilated and disseminated, he knows nothing compared with the knowledge of the universe.

He is now as a child crying in the wilderness,

Great Spirit, why have you forsaken me?

This is a dark time for him and when he passes through such testing he can come to realise that all that he has learnt and given has made him what he is today.

If he can achieve what he has so far and then be flung by the turning wheel into a new life of inspiration he can become a light for all to follow and great blessings will be his.

He is much loved. We are very close to his heart and we draw his spirit up so he may begin his journey anew. His soul is timeless and his spirit is dignified.

I ask for further explanation for the words I am still hearing from people who have difficulty in helping themselves, *I want to help others*.

The Void

Good deeds can be inspired by the desire to receive, to feel valued and appreciated, to feel worthwhile as a human being or to alleviate loneliness. Unhappiness or a lack of direction in life can create a void that can be filled in either of two ways.

Looking within

and recognising a missing quality. This encourages either an acceptance or a remedial change to personal attitudes and actions.

Looking outwards.

Seeking for someone to fill the void and provide a sense of purpose and fulfilment. This is achieved by recognising some difficulty another is experiencing and by some word or action seeking to alleviate or remedy the situation.

Those looking outwards to fill the void have attached conditions to their good deeds. They desire to be involved in another's life and they seek to feel pleasure or a sense of fulfilment through being of value to society. Without these required sensations, after a period of time, they discontinue their course of action.

Becoming involved in the life of another exerts a power and a say in another's course of action. This leads to the expression of personal opinions about the direction of another person's life. Such an action can result in undertaking a responsibility not easily shed.

This causes people to adapt their step to the pace of another and call it either a good deed or sacrifice. They then pause in their own journey and possibly miss an important experience or learning situation. Their thoughts and

experiences become different because the life of another is imposing upon their minds as each human being is always affected by contact with another.

Should the good deed be motivated by a deep intuitive urging from within there is no void and no expectation. The result of any action is of no concern because the action taken is part of who you are.

You expect no material return.

You expect no emotional result.

You expect no thanks.

The desire to serve is different from the void that needs to be filled.

Service is an expression of the spiritual character within.

It is part of following the Way.

It asks nothing in return, no appreciation, no love, no thanks, no recognition, no feeling of achievement.

Under all circumstances the service continues for it has no personal attached conditions.

One of my patients is upset because her beloved mother has Alzheimer's. I ask for comfort for her. What I receive tells me that some of these people are reflecting upon their lives, happily content with their own thoughts, looking at the overall picture of opportunities taken and lost, understandings received, retained or discarded and a purpose of life either fulfilled or wasted.

Alzheimer's

I never feel sad, just joyously lost.
The world is a simple place where I hover for a while.
Meandering in my slippers along the corridor,
when someone tells me to go to bed, I go.
It is all the same to me.

All people are just a sound,
no more and no less than the waves on the sea-shore.
I can remember everyone
just as I can remember everything when I hear them again,
but nothing is important.
The world and I co-exist in perfect harmony.
I am not troubled as I walk through my life.
I am living in the moment of now.

We are presented with opportunities and we work hard to develop them, but timing is difficult to ascertain. I am happy I have learnt Tai Chi Chuen because it teaches timing. It teaches your eyes, your mind, your hands and your body to work together. It teaches awareness of how others are reacting to their environment and how you can react safely to others.

I would love to move from my house that has enabled me to come to the area I want to live in. I wait for the timing.

One morning I hear,

Go up the road.

I don't like that road.

I am looking at a house with a Sold sign.

Sit and wait.

Twenty minutes later, *Go now*.

I drive down the road, forget the open home I am going to and turn into a street I have never driven down. I stop outside a house for sale when I see a lady opening the door so I go in and tell her I will buy the house. I later find out it is next door to the house my daughter has bought but not yet moved into.

We find out that the owner is my son-in-law's workmate. The house is up for tender and we agree a price which turns out to be the highest tender so we are all happy.

Because we can put a shared driveway between the two houses we sell both back pieces of land to a builder who pays for resource consent which we cannot afford. I have never heard of a builder buying land without this consent and I thank the universe for this house that frees me from a mortgage and has private rooms for work.

I ask, *How do I live now?*

Christ Light in the Moment of Now

The light within is the significant core of strength that enables man to ascend from the Earth. Without this determination to ascend, the light would diminish. The soul would then be continually drawn to a physical body that imprisons it, resulting in the failure of the spirit to eventually return to its source.

The light cannot be felt by personality. It cannot be understood by mental processes.

It is experienced as a living moment, made possible through dignification of the spirit.

The moment of now pertains to viewing the world as a place where light abounds. This encourages man to create his individual world in such a way that his life encourages the growth of his light within.

The moment of now is a non-emotional state, a moment of fulfilment with or without material achievement. It is recognition that life is unable to be grasped or held constant because it its changing and evolving into future events that can reflect goals of light and truth.

The moment of now is deeply rooted in independence for it seeks relinquish emotional dependency upon anyone or anything. It recognises that nothing needs to be achieved, but everything may be achieved.

When you live in the moment of now people encountered and your activities are born of a need to fulfil your destiny. When an

event or association has run its allotted span of time the wheel of change removes the activity and the people associated with it.

The personality of man has so many wants that the fulfilment of a higher destiny becomes lost in a flood of activities. This does not imply that these activities are worthless. They may achieve much good but the underlying reason for them is often selfishness growing out of want.

The person who lives in the moment of now takes nothing and gives all. It is a way of life that becomes possible through love and prayer and it emanates its existence. It touches lives, giving strength and encouragement for it is directed by the light within, motivating the desire to be of service.

I experience the strangeness of a quiet time. I have to ask the best approach to living this way because the experience of it is new to me.

Reflection

Life and the way it opens out is very orderly. At certain points along the way each person makes a decision about the direction the road shall take and then travels accordingly. Should you walk at a leisurely pace, allowing time to consider and reflect, the vista opens before you and vision is clear. Reflection allows surrounding circumstances to be taken into consideration. You note the terrain and inhabitants and are able to adjust behaviour and personality to this environment. This enables you to proceed without danger.

Rush headlong down the road, full of speed and ambition, and your focus will be only upon what you desire to achieve. Vision becomes restricted. You are unable to modify behaviour and danger may come your way. Time is then required to slow the pace, sort through the experiences, resolve the dangers then once more see clearly.

To reiterate, clarity of vision comes before disturbing events for those who take time to see and reflect. Clarity of vision comes after disturbing events for those who travel quickly and determinedly, allowing no time for events to come to them in a studied way, but seek for themselves to cause events to arise.

How to reflect.

Each day on rising take time to study the day. Look outside and see the prevailing mood of the weather, your neighbours and your street. Note the prevailing speed of movement and let it pass you by, absorbing the gentle into yourself and letting all else depart.

Note your needs within. Planned a balanced day accordingly, composed of both activity and rest, neither hurried. When you are physically active, relax the mind and engage the body. When you are mentally active, relax the body and engage the mind. Let the task reign supreme, and nothing else.

As you note the speed and nature of life outside you, decide when, where and how you will join and participate in it according to your plan of balanced activities and using the appropriate hours.

Emotional activity is a source of danger to you and your environment. It is wise to distance yourself from this. Should emotional activity take root within you, danger may become unavoidable. When this occurs allow the emotions to run their course. Let then flow through you as leisurely as possible, not seeking to change or divert them. This same process can be used for unavoidable pain. Allow it to flow through you as you remain in a state of relaxation.

Sometimes because of past actions we are drawn into situations that enable healing but the desire to amend and help can become sacrifice. It is knowing when to draw the line.

I ponder upon the past, for at times in the last twenty years I have been in awe of the unpredictable and unlooked for events that have brought opportunities to amend and help and brought about changes of direction.

Expansion of the Soul

You shall have no predictable future. The outcome of your life shall be a swerve in a direction towards devotion.

In the present you have stayed your hand by matching your step to another. Through your desire to help another you have stepped outside your circle of life, seeking support.

I ask you once more,

What do you want? Do you still seek to serve?

To follow the Way is to discard dependency. Unencumbered you will stand alone.

You ask, *What purpose this one life?*

I can only say to you,

The spirit within the human soul can lift it upwards towards the light of the Great Spirit. Quietly those who belong to the Great Spirit serve, asking nothing, fulfilling a destiny already chosen. It is no sacrifice to devote life to service. Service is healing. It ennobles the spirit so those who are blind can see and those who are spiritually disabled can learn to function. Pleasure of the senses delays this part of the ascending journey.

Once again do not initiate. Just be.

Allow the direction of your life to be that of the Ely Woman. Find fulfilment in your soul's expansion to house your spirit.

At some stage in life we learn how to pray; not beg for favours, not cry for help, but revere and worship our Creator in thanks for the life we have been given.

Finding the Source of Life

All people have a drive to know of their Creator. This is the natural drive of the spirit within to return to abide where it belongs. This drive cannot be denied and it manifests in one way or another. It is the cause and effect of the presence of good and evil upon the Earth.

All things come from the creator. The question that has been asked down through the ages is,

Why does the Creator allow evil to exist upon Earth?

Because of the drive of the human spirit to return to the place of its birth it is continually seeking to expand its consciousness and awareness through varied avenues of expression according to its motivation.

In every individual this seeking of the spirit to return to the Great Spirit is its primary motivation. The primary motivation is expressed upon Earth in a particular area of life in a particular way. It drives the individual to enter an arena and learn skills that enable him to become successful, to be the very best he or she can be. This desire to excel can be portrayed through the personality as competitiveness. Because of the modus operandi of competitiveness, good intention is changed to evil.

The teachers are drawing closer, wanting me to communicate with them. My heart becomes unsettled for no particular reason. Something is not quite right.

Draw Closer to Us – Guidance 8

Like attracts like.

This is a universal law that attaches people, of like mind with similar ideas and goals, to each other in some way.

When you swim outside the current of modern thinking you become isolated from other people unless you find someone of similar ilk. It is only what you have in common with others that creates a bond.

Give to people only what they ask of you. Offer no more.

Draw closer to us.

This is the next step on your ladder.

By drawing closer we can strengthen you and encourage you to draw out from deep within yourself the virtues belonging to your spiritual nature.

See the world as we see it and you can draw closer to us and further away from the majority of people.

Astrology was my first foray into the esoteric arts many years ago and it plays a part in treatment today, giving a picture of our adaptation to physical life. Astrology shows the timing of the universe. I ask astrological direction to help me understand how to deal with negative vibrations when they are directed towards me.

Where is the plan for my life and how can I make use of it?

I am introduced to Medieval Astrology and more learning approaches.

What does the Universe expect of me?

At the beginning of this journey you asked for knowledge leading to wisdom.

Knowledge can lead to wisdom but it has to be earned.

How can I learn?

Look to your astrological chart.

See the ruler for each area of life and this will tell you what you can learn.

Should you not seek wisdom a small lesson of life will come to you.

Should you seek wisdom a greater lesson of life shall be yours.

Embrace events.

You will then become more astute at treating negativity when it approaches.

Remember the earlier counsel you received regarding negative vibrations,

"Enough is enough.

Nothing must harm those of the Beloved.

The Forces of Darkness may test, but they will not be allowed to destroy."

Pain saddens me. My present work involves freeing people from pain which I observe everywhere I go. It is apparent in people's posture and the way they walk. It is etched on their faces and can be heard in their voices. More than physical pain I frequently see the pain of confusion mingled with despair.

We all have to suffer in some way, at some time and this gives birth to compassion, so I ask,

Where does pain come from?

Spiritual Pain

The Fall from Grace created spiritual pain that is the loss of at-one-ment with the will of the Great Spirit. Pain in the physical body mirrors man's real pain which is spiritual loss so his journey on Earth has become a painful path leading to reunion with the source of his spiritual nature. Man lives and learns through this pain as his spirit slowly evolves while purifying its material vehicle. This has become the task of Earthly life.

With entry to Earth life, memories of life lived according to spiritual law are removed and man's path to truth involves recovery of these memories. The closest experience upon Earth to spiritual oneness with the greater life is the experience of love and each heart on Earth seeks to give and receive love for it is the path back home.

Love, so sought after, is accompanied by pain because love invokes a memory of eternal love and separation from it. Pain takes the path of love so man may return to his spiritual heritage. Evolvement through comprehension of the nature of love leads to the spiritual dignification of man.

Upon Earth the door to love is opened through pleasure because man's evolvement at this time is at a selfish level. For him to become involved in a process he must initially receive something of value to himself. That something is pleasure.

Pleasure knocks upon the door that is the threshold to love. It is a challenging step because its nature absorbs, holds and drugs, making it difficult to leave behind. Eventually pain forces the individual through the door to the first step, which is unselfishness.

Unselfishness reveals love's true qualities and initiates the beginning of change in man's selfish heart.

At the beginning of this book I write that Death is my teacher; awareness of his presence urging me to learn about life. These last writings herald a two-and-a-half-year period of association with Death who teaches the final lesson of *Acceptance*.

I receive this teaching one week before this time when a family member is subjected to a violent, attempted murder while overseas and six people close to me die, including my Sifu Master and including my love. When they pass I cannot

understand how the world continues without the presence of their lights.

Treasure - Guidance 9

Treasure each person in your life because you do not know the duration of your association. Departure or death may intervene.

Forewarning does give strength, although this is unapparent to me at the time of my Sifu Master's passing.

Endings

Endings are inevitable. A beginning implies an ending because the world is finite. Endings imply the beginning of an unknown step leading to who knows where.

The timing of an ending never seems right but it is perfect because you are prepared for the ending some time before the event. You are given the required strength and courage that allows you to make that final leap into the unknown step of the new beginning that follows an ending.

Have no fear of endings. They indicate that the process of change already taking place is being finalised. Parties involved may suffer for a time, each being changed irrevocably, but the ending causes the beginning of a new life for all, even those who are unprepared.

For those who seek to control others, after an ending they receive the life of control they are attuned to, but what is left to control? For those who strive for peace, after an ending they have peace, but do their minds allow this? For those who strive for independence, after an ending does this bring happiness?

Be aware of and envisage a new and likely stage in your journey. Without awareness your vessel is empty. With

awareness the teaching of “memory” allows you to continue, practised at leaving behind all that is no longer yours to hold.

The future is a new life, with new knowledge and new people. Abilities strengthen. Life takes its last and final turn and you are unencumbered. At this time we will stand with you as you surmount this hurdle.

My love has a premonition of his death. A few days before his passing he asks me what it is like to die.

Much of our communication is without words, so I only say,

It is going home.

Ascent of Spirit

Growing old is going home.

It is saying goodbye to the physical house and the heavy burden it places upon your spirit. As you age your spirit slowly begins the ascent from matter. As a result, the workings of your mind change. What you think is important changes. Your view of the world changes.

This ascent of your spirit is so slow at first you do not realise it is taking place. You are preparing for retreat from the world to a place within your mind where knowledge brings peace.

In your last years you find the peace and serenity of spirit you have so yearned for because the worldly lessons will have already been experienced and there are no longer any desires. At that time there is no longer anything or anyone to hold you to the material world.

I have come and prepared a way for you, and this I will tell you.

Your heart will once again be filled with spiritual expression because the stresses of Earthly life are falling from you. Have no fear. Your body has already faced the pain and hardship that is ahead for so many at this stage.

When the time comes you will gladly slip away for you are aware of the ascent of spirit that is beginning now.

I speak of my desire for truth. I speak of the spiritual teachers. I speak of my Sifu Master upon Earth. I do not speak of my family. I do not speak of my love. Words cannot describe the value of the great gift of love that is lodged in my heart forever.

Remember - Guidance 10

We love you and seek to protect you from yourself and your conscious thinking. Do not worry about your material needs. You will always be provided for.

We are your family and you will return to us. You are not alone. Love stands at your back so you are not truly alone. We also support you and hold you when you need to be still. See us daily in all your activities with a peaceful heart. Do not be afraid. The desert is not a cold place. It is a place in which you move slowly without carrying too much baggage.

Your life will open to fulfil your destiny even though you feel your years upon you. We direct you to that earlier teaching,

The sun shines for but a moment in time.

You will shine no longer than that. Learn to live in the world but be not of it. We will direct you when the time is right. Remember how on an earlier day we guided you to your

appointment with love. Will we not direct you again when it is time?

Be the golden girl. Be unencumbered.

People are afraid of your peace, your sureness and the fact you do not need anything from anyone. What they are afraid of is what they want, and they do not understand why you have it.

Remember that teaching,
I want your all. Whatever you value I will take.
Remember.

Epilogue

Death has taught me so much about life. When Death comes for those we love and admire, their love and support elude him, remaining here with us so we may be strengthened to continue our lives with purpose.

There have been many great and wonderful harbingers of truth who have given man a philosophy of life but I have asked for simple, clear truth I can apply to my ordinary day. The world continues after I am gone so I write about how my time here influences my next destination.

There is much that is good and beautiful in this world of Earth and many of us want to know how we can help this good grow and expand so that one day it obliterates the evil that also exists.

When we are exposed to the greatness of human endeavour, we acknowledge its magnificence for it touches something deep inside that is more than the drive to live our daily lives. It touches something in us that is more that our physical lives. It touches our soul and spirit that exist within us and beyond us.

Maybe one task is to incorporate the magnificent capabilities of our souls and spirits into our daily lives and so recreate ourselves and our world as we encourage others to do likewise. This may be why we choose to work hard and achieve the best we can. We want to look back on our lives, that are all too short, knowing we have not wasted one precious minute that cannot be replaced.

It is not easy to achieve such purpose as an independent individual, but there are many who seek to do so without the support of community or organisations. I have sought to show a way.

In 1984 Bob Geldof went to Ethiopia and returned an activist for peace and humanitarian change. The famine he saw touched his heart. What his heart felt changed his thinking. His thinking changed his speaking. His words changed his actions and became an inspiration of change for many people who were in a position to achieve the result of his vision.

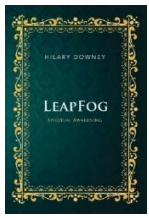
He initiated a worldwide awareness of famine and inspired global refusal of tacit acceptance. In 1984 his Band Aid record raised $3 million and in 1985 his Live Aid world concerts raised $180 million. Everyone involved with his charitable trust donates their time and effort freely and every cent raised reaches Africa without administrative cuts.

Beatrix Potter, a conservationist, gifted her riches in the form of over 4000 acres of land in trust to the people of England, thereby preserving the Lake District.

The mono-coloured caterpillar crawls upon the Earth, unable to travel far. In one physical life it metamorphosis's into a multi-coloured butterfly that flies through the air with a freedom of movement that is beautiful to behold.

Each of us can change, like a caterpillar, into a butterfly.

Books by Hilary Downey



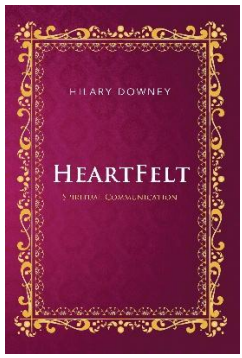
LeapFog – Spiritual Awakening

LeapFog is a story of change brought about by a desire to discover truth through the wisdom of spiritual worlds.

I want to relate to the best that is within me and this is my spirit. I want to learn about my spirit and where it comes from. I want to know why I am on Earth, what I need to do here and where I am going when I leave. *LeapFog* addresses these objectives through teachings received in simple, clear language.

LeapFog is so named because it illustrates the need to build a path through the barrier of etheric fog that lies between the physical world we inhabit and the spiritual worlds that are our destination. This inner path becomes a conduit for communication between two worlds so the voice of wisdom can be heard. We construct this path through our hearts, our minds and our souls. To do this we have to learn how our hearts, minds and souls function and the relationship between each.

"I shall give my knowledge and truth to the humble man, for love's real name is humility. My truth shall not come through the eye or ear but through the heart. The visions of the eye shall be for the doubters but the humble man shall work hard for his knowledge and live, step by step, each piece of understanding he receives into his heart. He shall not rely upon a vision of life. He shall live his life."



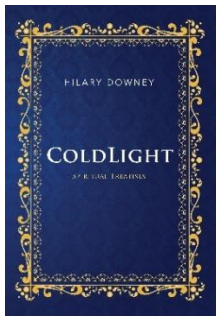
HeartFelt – Spiritual Communication

HeartFelt is the story of a four-year journey out of shock and grief - the result of death of loved ones. It is a book about accepting and bearing grief while forging a path ahead, with the help of wise and loving teachers from inner spiritual worlds.

HeartFelt is a Path of Hope - a collaboration between souls inhabiting two different worlds -| each mourning the loss of the other, while celebrating the future possibilities of both; achievable because of mutual support and encouragement.

I write of an approach in life that continues to seek direction and purpose, asking for guidance and teachings about the nature of death and the future destination of us all. Personal communications and spiritual teachings intermingle, so there are few chapters.

"I am a constant presence in some form, not reliant upon your recognition through sight stop my presence may be a memory. It may be a light, but always it is an encouragement to live. Always it is an encouragement to love. Always it is an encouragement to become the greatest you can."



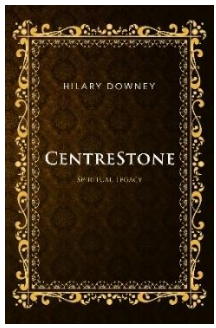
ColdLight – Spiritual Treatises

ColdLight is a collaboration of two worlds. The quest for illumination begins at the place where these two worlds meet - our hearts. Our hearts are the bridge and our minds are the interpreter. When we are young we are full of hope and plans for our lives but alone we do not always understand our reality. Sometimes we need a light to show us the way and this is the goal of *ColdLight*.

ColdLight presents thirty-one spiritual treatises that reflect spirit's deep and abiding care for all people upon earth. These treatises are designed to encourage, direct and help us understand our place and role in physical life and the greater life of spiritual worlds.

The spiritual treatises are given by teachers who have an emanating presence that is strong and commanding, strict and just. They come only to teach. When they depart they fill my mind and heart with a sense of oneness with the love and life of the universe and they replace any energy I have expended.

"We stretch out our hands to draw you on with us so we may travel together with no division between worlds, just a natural blending of life in all its guises."



CentreStone – Spiritual Legacy

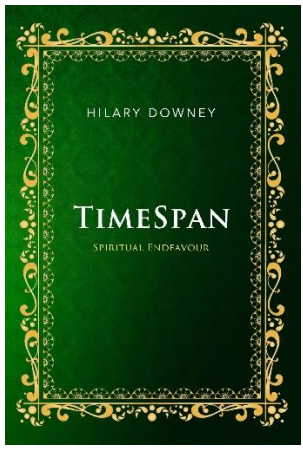
Through the symbolism of mythology and beliefs, Centre Stone provides an overview of our journey to Earth and looks at our spiritual Legacy which is our heritage.

The focus of the centre stone is the keystone to accessing this spiritual legacy. Available to all people, it is reached through the buried message of mythology, the soul's memory and spiritual inspiration.

Great teachers have always come to the Earth to contribute long lasting wisdom that influences following generations, their legacy of teaching occasionally named after them. Often prophets, their message focuses upon the progress of all people stop their aim is to advance civilisation because a civilised culture embraces all aspects of man's nature. Society is then shaped by the spiritual quality of its people - their finest attributes.

"Truth is wider and deeper than the oceans of sky and water and is essential for progress to a more enlightened state."

"I would not send one soul into the desert without a guiding light because the journey is harsh, sustenance is meagre and the way is confusing. Wherever the souls whom I love go, I send a guiding light to accompany them along their way."



TimeSpan – Spiritual Endeavour

TimeSpan reflects on the changing lives of people as they age. Everyone remains important because collectively all people shape society, the best of what is within them contributing to the advance of our current civilisation.

Spiritual philosophy helps make sense of the world. It seeps into the consciousness like drops of water trickling into a pool, becoming real when applied to life, which then changes.

"You will come and you will go. You will walk the Earth and place your footsteps where they need to be. You will contribute something good and the Earth will be better for having asked for and accepted your presence. This day that is your life is short. When your task is done you will place your footsteps in a different way, but wherever you place them they are able to continue to contribute something good."